

Two Day Milk of Magnesia Prep

Date: _____

Arrival Time: _____

Before the procedure, buy:

Two (2) bottles of Milk of Magnesia (12 ounces, any brand), one (1) package of 5 mg Dulcolax stimulant laxatives (16 pills, not the stool softeners), one (1) small package of Gas-X (Simethicone 125mg), at least three (3) tablets.

**Three
days
before**

1

Take two (2) tablespoons of Milk of Magnesia at bedtime.

**Before 10 am
two days
before**

2

You can have a light breakfast before 10 am, such as eggs, white toast, or yogurt. Avoid whole grains, nuts, fruits, and veggies. Stay on “full liquids” for the day (pudding, yogurt, soup, ice cream is allowed).

**At 2 pm, 5 pm,
and 8 pm
two days before**

3

Take four (4) tablespoons of Milk of Magnesia and two (2) Dulcolax tablets. Drink at least 1-2 glasses of clear liquid every hour.

**At 2 pm, 5 pm,
and 8 pm
one day before**

4

Take four (4) tablespoons of Milk of Magnesia and two (2) Dulcolax tablets. Drink at least one to two glasses of clear liquid every hour. Stay on “clear liquids” after 10 am (no more pudding, yogurt, soup, or ice cream now... clear liquids only!)

**Five hours
before
procedure**

5

Take four (4) tablespoons of Milk of Magnesia and two (2) Dulcolax tablets and three chewable Gas-X tablets. Drink 1-2 glasses of clear liquid after taking medications.

**Four hours
before
procedure**

6

Do not drink any liquids four (4) hours before your procedure. This is important to make sure your stomach is empty prior to the sedation medication. Do not chew gum or suck on hard candy.