

One Day Milk of Magnesia Prep

Date of Procedure: _____

Arrival Time: _____

Before the procedure, buy:

One (1) bottle of **Milk of Magnesia** (12 ounces, any brand, can be flavored Mint or Cherry), one (1) package of 5 mg **Dulcolax stimulant laxatives** (eight pills, not the stool softeners), one (1) small package of **Gas-X** (Simethicone 125mg), at least three (3) tablets and soft, cleansing wipes.

Two days before

1

Take **two (2) tablespoons** of Milk of Magnesia at **bedtime**. You should refrigerate your Milk of Magnesia to improve taste.

One day before
10am

2

You can have a **light breakfast before 10 am**. Avoid whole grains, nuts, fruits, and veggies. **Clear liquids only after 10 am.**

One day before
at **2pm, 5pm,**
and **8pm**

3

Take **four (4) tablespoons of Milk of Magnesia** and **two (2) Dulcolax tablets** at **2pm, 5pm and 8pm**. **TIP:** You can take 2 tablespoons of MOM, drink some clear liquids. Then 15minutes later, take the second 2 tablespoons. Drink at least 1-2 glasses of clear liquid every hour while awake. If you experience nausea, **SLOW** down! Place a cold facecloth on your forehead and the back of your neck and rest.

Five hours
before your
arrival time

4

Take **four (4) tablespoons MOM** and **two (2) Dulcolax tablets** and **three (3) chewable Gas-X tablets**. Rinse medication down with one (1) glass of clear liquid.

Four hours
before your
arrival time

5

Do not drink any liquids four (4) hours before your arrival time.

Do not chew gum or suck on hard candy. This is important to ensure your stomach is empty prior to sedation medication.

Note: If you have bowel prep questions, please call after 7am and our staff can assist you at 535-1131.