

Two Day Colon Prep

Day 1:

Clear liquid diet for breakfast, lunch and supper

At 2:00 PM-take 2 ounces of Milk of Magnesia

At 6:00 PM-take 2 ounces of Milk of Magnesia

Day 2:

Clear liquid diet for breakfast, lunch and supper

At 2:00 PM-take 1 bottle of Magnesium Citrate

At 6:00 PM-take 3 Dulcolax® (bisacodyl) tablets

Milk of Magnesia, Magnesium Citrate, and Dulcolax® can be bought at any pharmacy without a prescription.



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