



Wisdom. Compassion. Integrity.

Magnesium Citrate Prep

On the day before your procedure:

At 2:00 PM – drink two (2) bottles of magnesium citrate.

At 6:00 PM – if bowel movements are not clear, drink one (1) bottle of magnesium citrate.

Magnesium citrate can be obtained without a prescription from any pharmacy. Do not get RED magnesium citrate.

Clear bowel movements may be yellow or green tinged, but will have no solid particles present.

Be sure to drink plenty of clear liquids!