



*Wisdom. Compassion. Integrity.*

## **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 bisacodyl (Dulcolax®, Correctol®, or generic) 5 mg tablets.**

**Milk of magnesia, magnesium citrate and bisacodyl can be bought at any pharmacy without a prescription. Do not get the RED magnesium citrate.**