**Colonoscopy Magnesium Citrate + Movi Prep 2 Day Instructions**

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| **5 Days before Procedure** | **3 Days before Procedure** | **2 Days before Procedure****Drink clear liquids only**(See list on back page**)** | **1 Day before Procedure****Drink clear liquids only**(See list on back page) | **Morning of Procedure** |
| **Stop taking these medications until after procedure:*** **Iron pill**
* **Multivitamin with iron**

Resume after procedure as directed. | **Stop taking these medications until after procedure:*** **Dicyclomine**
* **Loperamide**
* **Colestipol**

Resume after procedure as directed.**On this morning drink ONE (1) bottle of magnesium citrate.** **If you take levothyroxine (thyroid medication), you must take it 4 hours after the** **magnesium citrate.** | At **12 PM**, in provided container, mix one "A" packet and one "B" packet together and fill with water up to the "fill line". Shake well and refrigerate.**From 4 PM to 5 PM,** drink the entire container. Refill container with any clear liquid (not red or purple liquids) and drink it from **5 PM to 6 PM.** Mix the 2nd “A” packet and “B” packet as listed above and refrigerate.From **8 PM to 9 PM**, drink the entire container. Refill container with any clear liquid (not red or purple liquids) and drink from **9 PM to 10 PM.****NO SOLID FOOD** | **DIABETICS:** Take **HALF (1/2)** of usual dose of insulin. Take diabetes pills and injectables as usual.At **12 PM**, take **2** bisacodyl tablets. In provided container, mix one "A" packet and one "B" packet together and fill with water up to the "fill line". Shake well and refrigerate.From **4 PM to 5 PM** drink the entire container. Refill container with any type of clear liquid (not red or purple liquids) and drink from **5 PM to 6 PM.** Take the remaining "A" and "B" packets and put them in the container. Fill with water and refrigerate until morning. **NO SOLID FOOD** | **6** hours before your procedure is scheduled, drink the remaining container over the course of **1** hour. Refill container with any type of clear liquid (not red or purple liquids) and drink it over the next hour.You may drink clear liquids until **4** hours before your procedure time, then nothing else by mouth! Take morning medications **4** hours prior to procedure:**DO NOT TAKE:*** **Diabetic Pills or Insulin**
* **Psyllium powder or Psyllium seeds**

Resume after procedure as directed.**NO SOLID FOOD** |

**Drink plenty of fluids while on a clear liquid diet.**

 \*\*NOTE: Do Not drink red or purple liquids \*\*

 \*\*NOTE: Do Not drink alcoholic beverages \*\*

The following items **are** allowed on a clear liquid diet:

* Water (plain, carbonated, or flavored)
* Black coffee or tea (**NO** cream or dairy)
* Fruit juices without pulp, such as apple, white cranberry, or white grape (**NO** grapefruit, orange, or red cranberry juices)
* Fruit-flavored beverages, such as lemonade (without pulp) or Kool-Aid®
* Carbonated drinks, such as Sprite®, 7Up®, ginger ale, seltzer, and dark sodas (cola and root beer)
* Sports drinks, such as Gatorade®/Powerade®
* Clear broths (with NO particles of dried food or seasoning)
* Hard candy, such as lifesavers
* Ice popsicles (without milk, fruit, seeds, or nuts)
* Gelatins, such as Jell-O®
* **If you have DIABETES: Be sure to drink liquids with and without sugar**

 

Approved by the Veteran Education Workgroup: September 2021