



TWO DAY PREP FOR COLONOSCOPY

- 1. Stop all high fiber food 3 - 5 days before colonoscopy**
 - **No salads, cabbage, broccoli, berries, grains, etc.**

- 2. Buy a 10 ounce bottle of citrate of magnesium. Drink this bottle at 4pm TWO nights before the colonoscopy. This will cause you to have diarrhea and will start the cleaning of your colon.**

- 3. Continue your prep as directed on your prep instruction sheet on the day before the exam.**