

Bowel Cleanout

****All items are available over the counter****

Eat a lite breakfast.

Drink Magnesium Citrate, be prepared for nausea and the urge to have a bowel movement.

Have a dulcolax suppository and one or two fleets enemas available.

If no bowel movement in an hour, use the dulcolax suppository.

If no bowel movement in 30-60 minutes, use the fleets enema. Can repeat if necessary.

To maintain regular soft bowel movements, initiate Peri-Colace once or twice a day following the bowel cleanout.