

Instructions for pre-surgical Magnesium Citrate Bowel Prep:

At 4 pm the night before surgery, drink 8oz of Magnesium Citrate. The Magnesium Citrate will induce diarrhea. To prevent dehydration follow the Magnesium Citrate with three to six 8oz glasses of clear liquids throughout the evening.

Magnesium citrate can be clear or colored, due to the flavoring agents. Magnesium citrate generally comes in lemon or lemon-lime flavor, but can come in cherry, orange and grape as well. It has an extremely sour taste, but chilling it in the refrigerator or pouring it over a glass of ice can help with the unpleasant taste.

You may continue to drink water until midnight, but nothing by mouth after midnight.