

COLONOSCOPY PREPARATION INSTRUCTIONS

2A

CITRATE OF MAGNESIA / MIRALAX / DULCOLAX PREP

It is very important for you to **read and follow these instructions**. Failure to do so may result in cancellation of your procedure. Please keep them in a place where you can find them to **review again**, ALONG WITH THE GENERAL COLONOSCOPY INSTRUCTIONS, **one week prior to your test date**.

HELPFUL TIP: Avoid high fiber foods (nuts, seeds, whole grains, raw fruit and vegetables, beans, corn, chicken skin) **SEVEN DAYS PRIOR TO PROCEDURE FOLLOW A LOW RESIDUE DIET; NO marijuana the day before and day of procedure; NO tobacco use the day of procedure.**

TEST DATE: _____

ARRIVAL TIME: _____

(in any pharmacy, or grocery store in laxative aisle.)

1. **One 238 gram bottle of Miralax (8.3 oz.)**
2. **Two Dulcolax Tablets (Laxative, NOT Stool Softener)**
3. **64 oz. of any clear liquid (clear juice, fruit drinks, Gatorade, clear soda) (nothing red in color)**
4. **One 10oz bottle of Citrate of Magnesia**

HOW TO TAKE THE PREP:

1. **ON THE DAY BEFORE THE TEST _____, Follow a clear liquid diet (see sample diet)**
2. **Beginning at 1 PM**
Drink the 10oz bottle of Citrate of Magnesia (can be mixed with clear liquid)
3. **Beginning at 3PM**
Take two Dulcolax (Bisacodyl) tablets, swallow whole with a full 8 oz. glass of water
4. **Beginning at 5 PM**
Mix the entire bottle of Miralax in 64 oz. of any clear liquid (except water).
Dissolve the Miralax in the Clear Liquid. . Drink 6-8 ounces of the solution every 15-20 minutes until the solution is finished.
5. You may continue your Clear liquid Diet during the evening/night and up to 4 hour prior to your arrival time

Clear Liquid Diet for Colonoscopy Prep Day

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No Red Colored liquids, ice or Jell-O, they may look like blood during the procedure. You MAY NOT have milk or creamer, or any alcoholic beverages on a clear liquid diet

Allowable Choices

- Black coffee (no milk or Creamer)
- Tea hot or cold (no milk or creamer)
- Sports Drinks (Gatorade, PowerAde, Pedialyte)
- Clear Soda (sprite, 7up, seltzer, ginger ale)
- Lemonade
- Broth or bouillon (chicken, beef, vegetable)
- Flavored Jell-O (no red)
- Lemon Ice or Italian Ice (no red)
- Clear Juices any flavor (apple, white cranberry or grape etc.)
- Crystal Light

STOP all clear liquids 4 hours before your scheduled arrival time