

**COLONOSCOPY PREPARATION INSTRUCTIONS**  
**2B**  
**SPLIT CITRATE / 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. **One 10oz bottle of Citrate of Magnesia**
4. **64 oz. of any clear liquid (clear juice, fruit drinks, Gatorade, clear soda) (nothing red in color)**

**HOW TO TAKE THE PREP:**

1. **ON THE DAY BEFORE THE TEST** \_\_\_\_\_ **Have a low residue breakfast (such as, eggs and WHITE toast)**
2. **Beginning at 12 Noon Follow a Clear Liquid Diet (see sample diet)**
3. **3 PM** Drink the 10oz bottle of Citrate of Magnesia (can be mix with clear liquid)
4. **5 PM** Take 2 Dulcolax (Bisacodyl) tablets, swallow whole with a full 8oz glass of water
5. **6 PM** dissolve the entire bottle of Miralax in 64 oz. of any clear liquid except for water. Drink 8 oz. of the solution every 15-30 minutes until the solution is HALF finished. Refrigerate the remainder of the solution
6. **5am day of the procedure**  
Drink 6-8 ounces of the remaining MIRALAX solution every 15-20 minutes until completely consumed. You must finish this no later than 4 hours prior to your arrival time.
7. You may continue your Clear liquid Diet during the evening/night and up to 4 hour prior to your arrival time

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**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**