

**COLONOSCOPY PREPARATION INSTRUCTIONS**  
**8A**  
**CITRATE OF MAGNESIA / MIRALAX 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. **64 oz. of any clear liquid (clear juice, fruit drinks, Gatorade, clear soda) (nothing red in color)**
3. **One 10oz bottle of Citrate of Magnesia**

**HOW TO TAKE THE PREP:**

1. **ON THE DAY BEFORE THE TEST, Follow \_\_\_\_\_ the clear liquid diet (see sample diet)**
2. **Beginning at 1 PM**  
Drink to 10oz bottle of Citrate of Magnesia (can be mixed with clear liquid)
3. **Beginning at 4 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.
4. 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**