

PATIENT NAME: _____

MIRALAX WITH MAG CITRATE

Colonoscopy Preparation Instructions

One week before your colonoscopy begin a low fiber diet.

Stop herbals, vitamins and oral iron supplements.

Arrange for a driver for your procedure

*****Direct Access Patients Only**

Please review the colonoscopy informational handout. Be sure to sign the Direct Access consent form and return in the self addressed envelope. We are available for any questions at 438-4483.

Two days before your colonoscopy:

Obtain bowel prep products from your pharmacy, **One** 238 gram bottle of MiraLax, **4** Dulcolax Laxative (Bisacodyl) tablets, and **1** bottle (10 oz.) Magnesium Citrate (not cherry as it contains red dye), **two** 32 ounce bottles of Gatorade, any flavor. Not red or purple in color. If needed, you may substitute Crystal Light Lemonade or any other clear liquid (no red or purple).

Stop any anti-inflammatory medications (Motrin, Advil and Ibuprofen). **Celebrex and Tylenol are OK to use.**

5:00 PM

Drink one 10 oz. bottle of Magnesium Citrate (not cherry as it contains red dye).

One day before your colonoscopy is scheduled:

**NO SOLID FOOD NO ALCOHOL
CLEAR LIQUIDS ALL DAY**

Drink an extra 8 ounces of clear liquid every hour while awake. **Gatorade is preferred.** If needed, you may substitute Crystal Light Lemonade or any other clear liquid (no red or purple).

Mix 1/2 of the MiraLax 238 gram bottle in **EACH** 32 ounce Gatorade bottles until dissolved and keep cold in the refrigerator

You will need the following supplies:

- 2 Gatorade 32 oz. bottles**
- 4 Dulcolax Laxative (Bisacodyl) tablets**
- One 238 gram bottle of MiraLax**
- 1 bottle (10 oz.) Magnesium Citrate (not cherry as it contains red dye)**

4:00 PM

Take 4 Dulcolax tablets with water and continue clear liquids.

6:00 PM

Begin drinking the Gatorade/MiraLax solution at a rate of 8 ounces every 15-30 minutes (over 1-2 hours) until the first bottle is gone.

You are encouraged to continue to drink clear liquids until you go to bed.

You may apply a petroleum based product or diaper rash ointment to the rectal area if you experience discomfort from frequent stools.

Confirm that you have a driver for your procedure.

The day of your colonoscopy:

**NO SOLID FOOD
NO ALCOHOL**

5-6 hours before the time your procedure is scheduled:

Take the second 32 oz. bottle of MiraLax in Gatorade at a rate of 8 ounces every 15-30 minutes (over 1-2 hours) until the second bottle is gone.

3 hours prior to the procedure stop drinking and do not have anything else by mouth, until after your procedure except you may take your essential morning medications with a sip of water.

After the procedure you may eat your usual diet unless otherwise instructed. Drink 8 ounces of liquid at least 6 times after the procedure and before retiring for the night.