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**COLONOSCOPY PREPARATION INSTRUCTIONS**  
**CITRATE of MAGNESIA/MIRALAX / DULCOLAX SPLIT PREP**  
(For patients scheduled at 11 am or later)

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.**

TEST DATE: \_\_\_\_\_

You must PURCHASE either:

1. Ez2go Prep Kit (available at our offices, ONLY at the time of your office visit- No Walk-In purchases)
2. 64 oz. of any clear liquid (clear juice, fruit drinks, Gatorade, clear soda) (**nothing red in color**)
3. One 10 ounce bottle of Citrate of Magnesia

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

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

ON THE DAY BEFORE THE TEST \_\_\_\_\_, DO THE FOLLOWING:  
Date

You may have a normal breakfast, then,

**Starting at 12 NOON: You must stay on a CLEAR LIQUID DIET ONLY!!!**

**CLEAR LIQUID DIET**

Water	Tea	Clear Broth	Clear juice (no pulp)	Ice pops (no red)
Jell-O (no red)		Ginger ale	7-up	Gatorade
	Coffee (very small amount of milk)		Italian Ice (no red)	Fruit drinks (no red)

**NO RED FLUIDS! DRINK AT LEAST 8 (8oz.) GLASSES OF CLEAR LIQUIDS**  
**NO SOLID FOOD PERMITTED!!**

**HOW TO TAKE THE PREP:**

1. **Beginning at approximately 5:00 PM (day before)**  
Take two (2) Dulcolax (Bisacodyl) tablets with 8 oz. of water. Swallow the tablets whole with a full glass of water.
2. **Beginning at approximately 6:00 PM (day before)**  
**Drink the entire bottle of Citrate of Magnesia** (can mix with clear juice or soda). Then, Mix the **entire bottle of Miralax (or large bottle in ez2go kit)** in **64 oz. of any clear liquid**. Shake the solution until the Miralax is dissolved. **Drink 8 oz. of the solution every 15-30 minutes** until the solution is **HALF** finished. Refrigerate remainder of solution.
3. **Beginning at 5:00 AM (day of procedure)**  
Drink the **second half of the solution**, 8 oz. every 15- 30 minutes until gone. Must be completed by **7 AM**.
4. **Starting at 7 AM on the day of the procedure, you **MUST have NOTHING AT ALL BY MOUTH, not even water.****