

**COLONOSCOPY PREPARATION INSTRUCTIONS**

**REVISED MIRALAX / DULCOLAX / CITRATE OF MAGNESIA 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.

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| <p>A few days before your test date, you must <b>PURCHASE</b>:<br/>                 (In any pharmacy, or grocery store in laxative aisle.)</p> <ol style="list-style-type: none"> <li>1. One 238 gram bottle of <b>Miralax</b> (8.3 oz.)</li> <li>2. Two <b>Dulcolax</b> Tablets (Laxative, NOT stool Softener)</li> <li>3. <b>64 oz. of any clear liquid such as flavored water, juice, Gatorade or soda (nothing red in color)</b></li> <li>4. <b>10 oz. bottle of Citrate of Magnesia (not cherry)</b></li> </ol> |
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TEST DATE: \_\_\_\_\_

**2 NIGHTS BEFORE YOUR TEST** \_\_\_\_\_: Take two(2) Dulcolax Tablets with 8 oz. of water.

**THEN, ON THE DAY BEFORE THE TEST** \_\_\_\_\_, DO THE FOLLOWING:

Date

**1. ALL DAY BEFORE TEST-You must stay on a CLEAR LIQUID DIET\* ONLY!!**

<u>CLEAR LIQUID DIET *</u>				
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)
<b>NO SOLID FOOD PERMITTED!!</b>			<b>NO RED FLUIDS!!</b>	
<b>DRINK AT LEAST 8 (8oz.) GLASSES OF CLEAR LIQUIDS</b>				

2. **COMPLETE THE PREP**, as follows :
- A. Drink **10 oz. of Citrate of Magnesia between 8 AM and 11 AM** (can be mixed with soda or juice)
  - B. Next, Beginning at approximately **12:00 NOON**:  
 Mix the entire bottle of **Miralax** in **64 oz. of any clear liquid**. Shake the solution until the **Miralax** is dissolved. **Drink slowly over 8 to 10 hours.**

**ON DAY OF PROCEDURE:**

- If your procedure is scheduled between **8 am and 11 am- you must have NOTHING AT ALL BY MOUTH after 12 midnight**
- If your procedure is scheduled **after 11 a.m., you must have NOTHING AT ALL BY MOUTH after 7am**

Please note; over the counter topical ointment/ cream, such as A&D, may be using to prevent rectal discomfort.