

COLONOSCOPY PREPARATION INSTRUCTIONS

3

EXTENDED DOUBLE CITRATE OF MAGNESIA / 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, 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) three (3) to five (5) days prior to your 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. **Two 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. **1. ON THE DAY BEFORE THE TEST** _____ **Start clear liquid diet in AM (see sample diet)**
2. **10 AM take 2 Dulcolax tablets with 8 oz. of clear liquid**
3. **12 Noon- Drink first 10 oz. bottles of Citrate of Magnesia (can be mixed with any clear liquid)**
4. **5 PM Drink Second 10oz. bottle of Citrate of Magnesia (can be mixed with any clear liquid)**
5. **6 PM- mix entire 8.3 oz. bottle of MIRALAX into 64 oz. of clear liquid of your choice and drink half of the solution every 15-30 min until consumed. Refrigerate the leftover 32 oz. of MIRALAX solution.**
6. **5AM- Day of procedure** _____ **drink remaining 32 oz. of Miralax solution, 6-8 oz. every 15-30 minutes until completely consumed. You must finish this no later than 4 hours prior 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**

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