

Colonoscopy Miralax with Magnesium Citrate and Dulcolax Preparation Instructions

READ IMMEDIATELY

Purchase **two (2) 32 oz** bottles of **Gatorade/Powerade** (*no substitutes*) and not red in color. If diabetic, use G-2 series or Gatorade Zero. From a pharmacy, purchase **four (4), 5 mg Dulcolax Laxative** (bisacodyl) tablets, one (1), **10 oz** bottle of **Magnesium Citrate** and one (1), **238 gm** bottle of **Miralax**. **NOTE: Do not follow instructions on the Miralax bottle.** Follow the instructions below.

For **four (4) days** prior to your procedure **avoid** salads, raw fruits & vegetable, nuts and seeds.

If you are a **DIABETIC** or on **blood thinners** (e.g. Coumadin, Plavix), contact our office for specific instructions. If you take aspirin, you may continue to take it. **Stop iron supplements** at least 5 days before the procedure. Take all other medications as usual, including *blood pressure* medications.

DAY BEFORE PROCEDURE

CLEAR LIQUIDS ONLY! No solid food is allowed until after your procedure is completed. You may take your medications. Examples of clear liquids: water, carbonated beverages, strained fruit juices, coffee, tea, broth, bouillon, gelatin. **Nothing red in color. No milk products, alcoholic beverages, hard candy or gum.**

At **1:00 pm** take two (2) Dulcolax laxative tablets.

At **3:00 pm** drink the 10 oz bottle of Magnesium Citrate.

At **5:00 pm** mix ½ bottle of Miralax in one (1) 32 oz Gatorade bottle and begin drinking the Gatorade/Miralax solution, 8 oz every 15 minutes until bottle is empty.

Drink an additional six (6) 8 oz glasses of clear liquids prior to the start of the second bottle of Gatorade/Miralax solution.

At **bedtime** take two (2) more Dulcolax laxative tablets.

DAY OF PROCEDURE

Five (5) to Six (6) hours prior to your scheduled procedure, take two (2) Dulcolax laxative tablets. Mix ½ bottle of Miralax in one (1) 32 oz Gatorade bottle and begin drinking the Gatorade/Miralax solution, 8 oz every 15 minutes until bottle is empty.

If you feel nauseous or bloated, you may stop drinking the solution, drink some clear broth or tea, and wait for the feeling to pass, begin drinking the solution again. YOU MUST DRINK THE WHOLE BOTTLE!!

IMPORTANT: The Gatorade/Miralax solution must be finished **4 hours** prior to your scheduled procedure and then nothing more to eat or drink before your procedure.

***** **Any questions please call (585) 720-1550.** *****