



COLONOSCOPY PREPARATION – 2 DAY CITRATE OF MAGNESIA/MIRALAX SPLIT PREP

FIVE DAYS PRIOR TO THE PROCEDURE: Read all preparation instructions. Arrange for a licensed driver who will arrive with you, remain in the waiting room during your procedure and drive you home. **STOP** – all aspirin or aspirin-like products (Motrin, Aleve, etc.). *Tylenol or Extra Strength Tylenol is okay to use.*

EXCEPTION – continue daily aspirin if prescribed by your physician. Contact prescribing physician for instructions on insulin and diabetic medications. **Avoid roughage 5 days before your procedure: red meats, raw veggies, fresh fruits, nuts, popcorn.**

AT LEAST FIVE DAYS PRIOR TO THE PROCEDURE: Obtain bowel prep products from the store.

- One 8.3 oz. bottle of Miralax (powder)
- Seven (7) Dulcolax 5mg Laxative Tablets (biscodyl)
- One 64 oz. bottle of Gatorade (no red or purple flavors). Or two 32 oz. bottles. ****Use G2 or Smart Water if diabetic.**
- One-10 oz. bottle of citrate of magnesia

TWO DAYS BEFORE THE PROCEDURE: STOP iron supplements. *NO SOLID FOOD, NO ALCOHOL, CLEAR LIQUIDS ONLY ALL DAY! Avoid anything red or purple in color.*

- At **1:00PM** take 3 dulcolax laxative tablets with an 8 oz. glass of water. Continue clear liquids.
- At **5:00PM** drink the bottle of citrate of magnesia. You are encouraged to drink clear liquids up until bedtime.

DAY BEFORE THE PROCEDURE: *NO SOLID FOOD, NO ALCOHOL, CLEAR LIQUIDS ONLY ALL DAY! Avoid anything red or purple in color. No dairy products or non-dairy creamer, this includes Ensure/Boost.* Mix the 8.3 oz. of Miralax into the 64 oz. of Gatorade until dissolved and keep cold in the refrigerator.

- At **4:00PM** the day before your procedure, take two Dulcolax 5mg Laxative Tablets with an 8oz. glass of water and continue clear liquids.
- At **6:00PM** Begin drinking the Gatorade/Miralax solution at a rate of 8 oz. every 15-30 minutes (over 1-2 hours) until half the solution (32 oz) is gone.
- At **9:00PM** take two Dulcolax 5 mg Laxative Tablets with an 8 oz. glass of water. You are encouraged to continue to drink clear liquids until you go to bed.

DAY OF THE PROCEDURE: *NO SOLID FOOD, NO ALCOHOL.* If you take heart or blood pressure medications, please take it with a sip of water.

- **5-6 hours before the time your procedure is scheduled** – take the second 32 oz. of Gatorade/Miralax solution at a rate of 8 oz. every 15-30 minutes until gone.
- If your procedure is scheduled early in the morning, you will need to get up in the middle of the night to take this dose of solution. The correct timing of this dose is essential to an effective preparation.
- You may, and should, drink clear liquids until 4 hours prior to the procedure time. **Have nothing to drink for 4 hours prior to the procedure.**

<u>CLEAR LIQUID DIET –</u>	<u>RECOMMENDATIONS</u>
Black Tea (no cream)	Clear Juices
Black Coffee (no cream)	Apple Juice
Broth / Boullion	White Grape Juice
Jello – NO Red or Purple	Orange Juice (no pulp)
Popsicles – NO Red or Purple	Sprite, 7-Up Gingerale
Hard Candy – NO Red or Purple	Squirt, Coke, Pepsi

<u>YOU MAY NOT HAVE:</u>
Tomato Juice
Milk
Dairy Products (including nondairy creamer) Solid Foods
Ensure/Boost