

Colonoscopy
Two day Prep with:,
and
(2) Dulcolax Laxative Tablets 5mg each

Obtain from your pharmacy: (NO PRESCRIPTION NEEDED)

1. 1-large bottle of Miralax powder (8.3ou/238gm)
2. (2)-10 oz. Bottles Magnesium Citrate
3. (2) Dulcolax Laxative Tablets 5mg each

Two days PRIOR to the procedure:

1. **Start a clear Liquid diet** in the morning. That means anything you can hold up to the light and see through (apple/white grape juice, broth coffee without cream, tea water sodas, etc. You may also have jello and popsicles but **nothing RED** please.
2. **Mix the miralax** powder with a 64 oz bottle of Gatorade and Refrigerate. *(you may use any other clear liquid of your choice as well)*
3. **Start drinking the Miralax prep at 11 am and finish it by 6pm.** (DO NOT PAY ATTENTION TO THE INSTRUCTIONS ON THE CONTAINER) Please drink plenty of clear fluids throughout the day. As much as possible

Day PRIOR to the procedure:

1. **Continue Clear Liquids** *throughout the day*
2. **At Noon** take 2 Dulcolax tablets and continue clear liquids throughout the day.
3. **At 7:00 p.m.** drink the second 10 oz. bottle of Magnesium Citrate. Follow with plenty of clear liquids
4. Continue clear liquids until midnight or bedtime. Nothing after midnight

*****Do not take oral diabetes medications** the day of the prep or the morning of the procedure. If you are on INSULIN, please take only half your dose the day of the prep and the morning of the procedure.

*****If you are taking blood thinners** and/or require cardiac clearance, you may be asked to hold medications in preparation for the procedure, these recommendations will be requested of your cardiologist.

The day of the procedure:

- **Take needed medications with a small sip of water on the morning of the procedure (Except Oral Diabetic Meds).** You must have someone with you in order for the physician to explain the results of the procedure after your exam, (this person will also be your driver), as you will have been sedated.
- **Plan to be at the surgery center/hospital for approximately 2-3 hrs.** They surgery center or hospital may call you with any schedule changes or updates.