
**Colonoscopy
Prep with
Miralax
2 day
Bowel Prep**

Please purchase the following items from your local pharmacy

Please note that these items are over the counter and do not require a prescription

- 1 – 8.3oz container Miralax/EZ2GO or Generic powder
- 1 – 10oz bottle of Magnesium Citrate (any flavor)
- 1 – package of Dulcolax or Bisacodyl laxative tablets (you will need at least 4 tablets for your prep)
- 1 – package of Cottonelle wipes
- 1 – 64 bottle of Gatorade (or equivalent) please use lemon lime flavored (no RED or PURPLE)

Please follow the below directions, step by step to insure a proper prep before your procedure

3 days before the procedure:

- Do not eat any seeds, nuts or popcorn

1 day before the procedure:

- Please drink only clear liquids per diet, no dairy products, and drink at least **8** glasses of water to avoid dehydration
 - **AT NOON** please take 4 Dulcolax tablets with a full 8 oz of water
 - **AT 5 pm** mix 64 oz of Gatorade with Miralax and place in the refrigerator
- **6 pm** please start drinking the Miralax/Gatorade solution and finish by **9pm, with 15 minute intervals between doses.**

Morning of your procedure:

- **FOUR hours** prior to your procedure, drink the whole bottle of Magnesium Citrate and finish with 8 oz of water
 - **THREE hours** prior to your procedure, please take any hypertension prescription medications as directed, **No Diabetic medications**, with 4 oz of water
- **Do not eat or drink anything after your medications at the 3 hour mark prior to your procedure**

Things to remember the day of your procedure:

1. You will **not** be able to drive for 24 hours after your procedure. You are **required** to have someone to transport you home, or your exam will be **cancelled**.
2. Please leave your valuables at home. The facility will not be responsible for your personal items.
3. Please bring an accurate list of your medications

*Please note: the better quality of your prep, the more likely your physician will be able to see any abnormalities. Some abnormalities can be small and hide in the numerous folds of your colon and an

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inadequate prep may result in in the necessity for an earlier repeat exam or the chance that an abnormality may be overlooked.