

Miralax 12 dose/ Magnesium Citrate 2 day Colonoscopy Preparation

***Kit available for sale at our office.**

7 DAYS PRIOR TO PROCEDURE _____ STOP EATING SEEDS AND NUTS!

2 days before your Procedure _____

Stay on a Regular Diet

5pm-Drink the 10 ounce bottle of Magnesium Citrate

- **Do not** mix the Magnesium Citrate with any other liquid
- You will start having bowel movements in 1 to 6 hours

The day before the procedure _____

Start a **Clear liquid diet** when you get up in the morning

LIQUIDS ALLOWED

Beverages	Water, Coffee, Tea, Carbonated beverages, Apple Juice, White grape juice, Warm or cold flavored gelatin, fruit flavored drinks and powders (Gatorade, Country Time, Crystal light, Kool Aid), Clear Ensure (red or purple is acceptable)
Soup	Fat Free broth or bouillon
Dessert	Plain fruit flavored gelatin, Popsicles, slushes, ices, hard candy, jelly beans
Condiments	Sugar, Artificial sweeteners, Non-fat/ nondairy, liquid or powdered creamers (coffee mate, Cremora)

FOODS NOT ALLOWED

No Solid Food. No dairy products: Cheese, Milk, Half & Half, Slim Fast, Glucerna, Boost, or Ensure.

No purple or red colorings (except Clear Ensure). **ORANGE** coloring is acceptable.

5pm-Start taking Miralax

- Mix 1 scoop of Miralax powder in 8 ounces of a clear liquid of your choice
- Every 15 minutes drink (1) 8 ounce glass of the Miralax mixture. You will drink a total of **8** glasses

5pm.....5:15pm.....5:30pm.....5:45pm.....

6pm.....6:15pm.....6:30pm.....6:45pm.....

Continue drinking any clear liquid of your choice until bedtime
Take prescribed medications when your bowel movements slow down.

The Morning of the Procedure_____

5 hours before you leave home _____ mix 1 scoop of Miralax into 8 ounces of clear liquid of choice.

- Drink (1) 8 ounce glass every 15 minutes until 4 glasses are done

STOP Drinking any Liquids at _____

No Smoking 12 hrs before procedure

6 hours before your procedure: No Candy, mints, jelly beans, or chewing gum

ARRIVE AT _____ **AT** _____ .

*****You will not be allowed to drive after the procedure. Some facilities require your ride to stay at the facility during the whole procedure (no dropping off and picking up).**

It is very important to complete the prep as instructed.

You can do it!