

**Digestive Health Physicians**  
**Gastroenterology Gastrointestinal Endoscopy Hepatology**  
**(239) 939-9939**

**PREPARATION FOR COLONOSCOPY WITH MIRALAX MAGNESIUM CITRATE AND  
DULCOLAX**  
**Afternoon Procedure**

You have been scheduled to undergo Colonoscopy. In order for the examination to be successful, your colon must be completely cleared of stool. For this reason, you must take a laxative preparation the day before the procedure. **Please follow these instructions carefully.** If your colon is not completely clear, it may interfere with the ability to diagnose your problem and could even require that the test be repeated. This preparation is safe in all patients, including those with a history of congestive heart failure or kidney failure.

Your procedure is scheduled on: \_\_\_\_\_  
Date

The Facility you are to report to: Bonita Community Health Center, 1<sup>st</sup> Floor, Surgery Center

Please arrive for the procedure at: One Hour prior to you scheduled procedure time

**You must have someone drive you home. You will be unable to drive for 24 hours.**

**INSTRUCTIONS THE DAY BEFORE THE PROCEDURE IS SCHEDULED:**

On the day before your procedure, please mix the entire bottle of Miralax powder with the half gallon bottle of Gatorade in a large separate container. Allow the powder to dissolve completely. Label this bottle so no one else accidentally drinks it. **For the entire day before the procedure you may have clear liquids only:** no solid foods or milk products. Clear liquids are coffee, tea, soda, water, apple/ white grape juice, broth, Jell-O, Gatorade, and popsicles. **NO RED LIQUIDS.** Take only clear liquids all day until you go to bed. Make sure you drink plenty of fluids so you do not become dehydrated.

Take One (1) 10 ounce bottle of Magnesium Citrate at **5:00 pm**

Around **7:30 P.M.** take 4 tablets of **Dulcolax**, and begin drinking the Miralax/Gatorade mixture, drinking an 8 ounce glass every 30 minutes until half of the solution is gone. If you become nauseated, stop for 30 minutes and then resume drinking. You have until midnight to complete the solution. Cap the bottle and put the remaining solution and refrigerate for the next day.

On the day of your procedure at 7:30 am drink the rest of the Miralax/Gatorade solution. Drink one 8 ounce glass every 15 until the solution is gone. **DO NOT HAVE ANYTHING BY MOUTH AFTER 9:00 am**

If you are diabetic, take blood thinners or aspirin, heart, or blood pressure medications, please refer to special instructions given to you. Please refrain from smoking the day of the procedure. If you are asthmatic, please bring your inhalers. If you are diabetic, please bring your insulin.

**Shopping List:**

- Clear liquids (listed above)**
- Gatorade ½ gallon (flavor of your choice)**
- Miralax 238 gram bottle or Generic Brand - Glycolax**
- 4 tablets of Dulcolax (Laxative, Brand only) available over the counter**
- One (1) 10 ounce bottle of Magnesium Citrate**

Please call our office if you have any questions about these instructions 239-939-9939 press 4