

Prep Day is _____

**MAGNESIUM CITRATE AND MIRALAX/GATORADE
PREPARATION FOR PROCEDURE**

Please read these instructions carefully and call the office if you have any questions.

Colonoscopy Department
12040 NE 128th Street
Kirkland, WA 98034
(425) 899-4600

For this preparation you will need:

Magnesium Citrate (two 10 ounce bottles)

Dulcolax Tablets (4)...over the counter laxative

*Active ingredient: Bisacodyl 5 mg

Miralax Powder 85 grams (5 doses/capfuls)...over the counter laxative

Gatorade or Apple juice (32 ounces)

- If diabetic, choose a sugar-free option

The day before the procedure:

All day: Clear liquids only. This consists of any liquid that you can see through. Do not eat any solid foods or juices with pulp. Drink large amounts of fluid to avoid hunger and dehydration.

Examples include:

Clear Juice (apple, white grape)	Soft Drinks
Sports Drinks (Gatorade, PowerAde)	Clear Broth
Coffee or Tea without milk or creamer	Jello-O or Popsicles

Colonoscopy: No Red or Purple clear liquids...this may give the illusion of blood.

Surgery: Yes, Red and Purple clear liquids are okay to consume.

At 12:00pm Noon: Drink one bottle of Magnesium Citrate.

At 3:00pm: Drink the second bottle of Magnesium Citrate.

At 3:30pm: Take 4 Dulcolax Tablets

4 hours before arrival time: Mix the 5 doses of Miralax (85 gm) into 32 ounces of Gatorade or Apple Juice and shake until it is completely dissolved. Drink the entire solution in 1 hour or less.

3 hours before arrival time: Do not drink anything, including water, until after your procedure.