

## MIRALAX PREPARATION FOR COLONOSCOPY

**Two days before your procedure is scheduled:** purchase the following items from your pharmacy (all available over-the-counter):

- One 238-gram bottle of MiraLAX
- Four Dulcolax tablets
- AT LEAST 64-ounces of a clear liquid of your choice (Gatorade, iced tea, apple juice, Crystal Light, white grape juice, or water)
- One bottle (296 mL) of Magnesium Citrate



**The day before your procedure (please check off as you go along):**

- **NO SOLID FOOD FOR THE ENTIRE DAY PRIOR TO THE COLONOSCOPY! YOU MAY HAVE CLEAR LIQUIDS ONLY (CLEAR JUICE, BROTH, ITALIAN ICES, JELL-O, ICED TEA, APPLE JUICE, ETC.)**
- Breakfast is clear liquids. A small amount of milk with your morning coffee or tea is OK but do not drink milk for the remainder of the day.
- **At 10 AM, take TWO Dulcolax tablets by mouth.**
- Next, mix all the MiraLAX powder into the entire 64-oz bottle of clear liquid and place into the refrigerator.
- Lunch is clear liquids.
- Dinner is clear liquids.
- **At 5 PM, start drinking the MiraLAX solution. Drink about one cup of the liquid every 15-20 minutes until the entire bottle has been consumed.** Try to stick to this time frame as drinking the prep too quickly can cause nausea, and drinking the prep too slowly will not clean the bowels effectively.
- **At 8 PM (after finishing all the MiraLAX) take TWO Dulcolax tablets.**

**If desired, you may continue to drink clear liquids until midnight.**



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## **MIRALAX PREPARATION FOR COLONOSCOPY (CONTINUED)**

### **The morning of the procedure:**

- **Wake up at least 4-5 hours before your procedure start time.**
- **Drink the entire bottle of Magnesium Citrate as soon as you wake up.**
  - You can skip the Magnesium Citrate if your bowel movements are completely clear the morning of the procedure. Completely clear means that you can see the bottom of the toilet bowl through the liquid that is present in the bowl AFTER moving your bowels. There must be no solid stool or particles of stool present. **IF THERE IS ANY DOUBT, PLEASE DRINK THE MAGNESIUM CITRATE (IT IS EASY TO DRINK).**
- **NOTHING TO EAT OR DRINK (besides the prep) ON THE MORNING OF THE PROCEDURE (NO OTHER LIQUIDS, CANDY, GUM, ETC.)**
- You CAN AND SHOULD take your regular morning medications with a small sip of water.
- **Absolutely no food or drink should cross your lips for the 2 hours before the scheduled procedure start time (THIS INCLUDES PREP/MAGNESIUM CITRATE).**

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Notes: