

**COLONOSCOPY PREPARATION INSTRUCTIONS**  
**8B**  
**SPLIT CITRATE OF MAGNESIA / MIRALAX / PREP**

It is very important for you to **read and follow these instructions**. Failure to do so may result in cancellation of your procedure. Please keep them in a place where you can find them to **review again**, ALONG WITH THE GENERAL COLONOSCOPY INSTRUCTIONS, **one week prior to your test date**.

**HELPFUL TIP: Avoid high fiber foods (nuts, seeds, whole grains, raw fruit and vegetables, beans, corn, chicken skin) SEVEN DAYS PRIOR TO PROCEDURE FOLLOW A LOW RESIDUE DIET; NO marijuana the day before and day of procedure; NO tobacco use the day of procedure.**

TEST DATE: \_\_\_\_\_ ARRIVAL TIME: \_\_\_\_\_

(In any pharmacy, or grocery store in laxative aisle.)

1. **One 238 gram bottle of Miralax (8.3 oz.)**
2. **One 10oz bottle of Citrate of Magnesia**
3. **64 oz. of any clear liquid (clear juice, fruit drinks, Gatorade, clear soda) (nothing red in color)**

**HOW TO TAKE THE PREP:**

1. **ON THE DAY BEFORE THE TEST** \_\_\_\_\_ **Have a low residue breakfast (such as, eggs and WHITE toast)**
2. **Starting at 12 Noon follow a Clear Liquid Diet (see sample diet)**
3. **3 PM** Drink the 10oz bottle of Citrate of Magnesia (can be mixed with clear liquid)
4. **5 PM** dissolve the entire bottle of Miralax in 64 oz. of any clear liquid except for water. Drink 8 oz. of the solution every 15-30 minutes until the solution is HALF finished. Refrigerate the remainder of the solution
5. **5am day of the procedure** \_\_\_\_\_ Drink 6-8 ounces of the remaining MIRALAX solution every 15-20 minutes until completely consumed. You must finish this no later than 4 hours prior to your arrival time.
6. You may continue your Clear liquid Diet during the evening/night and up to 4 hour prior to your arrival time

## Clear Liquid Diet for Colonoscopy Prep Day

**HELPFUL TIP: Avoid high fiber foods (nuts, seeds, whole grains, raw fruit and vegetables, beans, corn, chicken skin) SEVEN DAYS PRIOR TO PROCEDURE FOLLOW A LOW RESIDUE DIET; NO marijuana the day before and day of procedure; NO tobacco use the day of procedure.**

**No Red Colored liquids, ice or Jell-O, they may look like blood during the procedure. You MAY NOT have milk or creamer, or any alcoholic beverages on a clear liquid diet**

### Allowable Choices

- Black coffee (no milk or Creamer)
- Tea hot or cold (no milk or creamer)
- Sports Drinks (Gatorade, PowerAde, Pedialyte)
- Clear Soda (sprite, 7up, seltzer, ginger ale)
- Lemonade
- Broth or bouillon (chicken, beef, vegetable)
- Flavored Jell-O (no red)
- Lemon Ice or Italian Ice (no red)
- Clear Juices any flavor (apple, white cranberry or grape etc.)
- Crystal Light

**STOP all clear liquids 4 hours before your scheduled arrival time**