

CITRUS GASTROENTEROLOGY, P.A.

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MIRALAX PREP FOR COLONOSCOPY

Your exam is on _____ at _____.

Please arrive at _____.

IMPORTANT: Please let us know if you are taking Coumadin or Insulin. The dose may need to be adjusted. If you take short acting Insulin, take just your usual dose the day before the procedure not the day of the procedure, if you take long acting Insulin, take half (½) of your usual dose the day of your procedure. You may take your cardiac, breathing, blood pressure, anti anxiety and seizure medicines at 5:00 A.M. the morning of the exam with a sip of water.

You will need from the pharmacy two days before the examination:

One bottle of Magnesium Citrate

4 Laxative tablets (Over the Counter)

64 oz. of Gatorade G2, Powerade, Crystal Light, White Grape juice, White Cranberry juice, Iced Tea, Lemonade, water.

One 238 gm bottle of Miralax Powder = 14 dose size over the counter.

TWO DAYS BEFORE THE EXAMINATION

- On _____ at 6:00 P.M., drink one (1) bottle of Magnesium Citrate with 8 glasses of water. Do not drink all the water at once, space it out between 6:00 P.M. and the time you go to bed.

DAY BEFORE THE EXAMINATION (PREP DAY): YOU MUST BE ON CLEAR LIQUIDS ALL DAY (NO FOOD)

- **Mix the entire 238 gm bottle of Miralax with 64 oz of choice (clear liquid)**
Store it in the refrigerator or if you prefer you can leave at room temperature.
- **CLEAR FLUIDS ALL DAY.**
- Clear fluids include water, coffee, apple juice, tea, white grape juice, Sprite, Seven-Up, Gingerale, lemon lime, Gatorade, Country Time yellow lemonade, chicken broth, lemon lime, orange or pineapple Jello. **NO RED OR PURPLE JELLO, NO MILK.**
- At 10:00 A.M. take two (2) laxative tablets with eight (8) oz of water.
- At 11:00 A.M. take Reglan 5 mg. if needed (only if the doctor prescribes it).
- At 12:00 P.M. drink one eight (8) oz. glass of Miralax mix. Repeat every fifteen (15) minutes until you have finished. This should take you approximately 1½ to 2 hours, if nauseated slow down the rate.
- At 4:00 P.M. take two (2) more laxative tablets with eight (8) oz of water.
- **DRINK PLENTY OF CLEAR LIQUIDS ALL DAY, until bowel movements are clear.**
- **NOTHING TO DRINK AFTER MIDNIGHT OR THE DAY OF THE EXAM.** (If the exam is after 1:00 P.M. you can have clear liquids until 7:00 A.M.).
- Use some **Vaseline, A&D** ointment or **Desitin** on your bottom before each bowel movement so you don't get tender.
- Any problems please call our office at 344-8080.

DAY OF THE EXAMINATION:

- **MORNING – NOTHING TO EAT OR DRINK** (exception if afternoon appointment, see above).
- **You must bring a driver.**
- **Please leave jewelry at home.**

ON THE DAY OF YOUR PROCEDURE IF YOU HAVE ANY QUESTIONS OR CANNOT KEEP YOUR APPOINTMENT PLEASE CALL (352) 637-2787 AND THE OFFICE AT (352) 344-8080.

FOOD ALLOWED

Broth, fat free

Jello (no red or purple dyes)

Apple juice, grape juice, (white juice only)

Ice

Coffee/Tea (no milk or cream)

Salt

Sugar

Popsicle (no red or purple dyes)

Clear fruit-flavored drinks, such as Kool-Aid (no red or purple dyes)

SUGGESTED MENU PATTERN

BREAKFAST

Juice

Coffee/Tea

LUNCH

Juice

Broth

Jello

Coffee/Tea

DINNER

Juice

Broth

Jello

Coffee/Tea