

2 Day Colonoscopy Prep Instruction

Purchase:

1. 4 Tablets of Dulcolax (OTC)
2. 238 Gram bottle of Miralax (OTC)
3. Mix Miralax with 2 bottles (32 ounces each) of Gatorade (2 different flavors, no red) or any other clear liquid.
4. One bottle of Citrate of Magnesia

2 Days Before

At 5pm drink one bottle of citrate of magnesia

Day Before

1. Clear liquids only for the entire day (broth, water, juices, soda, jello, popsicle (no red), black coffee or tea.
2. Around 5:00pm take all 4 tablets of Dulcolax with a glass of any clear liquid.
3. After one hour start drinking the Miralax solution. One glass every 15 to 20 minutes until you have finished $\frac{1}{2}$. Then drink the second half at 11:00pm.
4. Nothing to eat or drink after midnight except for your prescription medication the morning of your test, unless advised differently.
5. Usually,
If you are on Coumadin please call us to discuss stopping these medication before your procedure.
No diabetic pills on the morning of the procedure.
Take $\frac{1}{2}$ of your insulin or omit it all together the day of the procedure.
6. Please take normal medications unless you are instructed not to, which includes your aspirin or Plavix.