

LAXATIVE BOWEL PREPARATION INSTRUCTIONS.

Colonoscopy Date: _____

For this Preparation, you will need:

- 1. One 238-gram bottle of Miralax (over the counter)**
- 2. One bottle of Magnesium Citrate (over the counter)**

These Instructions are for the day prior to your colonoscopy or surgery.

**IT IS IMPORTANT TO DRINK ONLY CLEAR LIQUIDS THE ENTIRE DAY BEFORE YOUR PROCEDURE.
DO NOT EAT ANY SOLID FOODS AND DO NOT DRINK ANYTHING THAT IS COLORED RED.**

“CLEAR LIQUIDS” INCLUDE:

- **Water**
- **Ice Tea**
- **Lemonade, Apple, or White Grape Juice (No Pulp)**
- **Clear Broth or Bouillon**
- **Decaffeinated Coffee or Tea** (no milk or Non dairy Creamer)
- **Gatorade or other sports drinks** (not red or blue)
- **Kool-Aid or other flavored drinks**(not red or blue)
- **Plain Jell-o or other gelatins with no toppings or fruit added** (not red or blue)
- **Popsicles** (not red or blue)

START PREP:

5:00 pm:

- 1. Mix** one 238-gram bottle of Miralax into 64-ounces of Gatorade, Juice, or Water.
- 2. Shake** the solution until the Miralax has dissolved.
- 3. Drink** eight-ounces every 10-15 minutes until the entire solution is gone.

7:00pm:

Drink 10 fluid ounces of Magnesium Citrate. (To improve the taste, chill it ahead of time.)
Immediately after drinking Magnesium Citrate, drink 2 to 3 eight ounces of clear liquids.
Continue to drink clear liquids until bedtime.

*****NOTHING TO EAT OR DRINK AFTER MIDNIGHT*****

IMPORTANT INSTRUCTIONS FOR THE DAY OF YOUR PROCEDURE:

You may take your Blood Pressure and Heart medication, with a small sip of water.
With a doctor's permission, discontinue Coumadin 3 days prior to your procedure.

With a doctor's permission discontinue Aspirin and Plavix 7 days prior to your procedure.

**Someone must accompany you home from the office. You cannot drive until the next Morning.
Any problems with the prep please call office or service at (516) 674-5862.
You must notify the office 48 hours prior if you intend to cancel or reschedule your procedure.
Otherwise, you will be subject to a charge.**