

Treasure Coast GI
1701 SE Hillmoor Drive
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Preparation for Colonoscopy – Morning Procedure Miralax Bowel Prep

Preparation Items:

1 week prior to the procedure obtain these items from your pharmacy or grocery store
238 grams of Miralax (1 bottle)
64 ounces of Gatorade or Crystal Light
1 bottle (10 ounces) of Magnesium Citrate

Three days before the colonoscopy:

Start a low fiber diet. Stay away from seeds, nuts, corn, peas or foods with skins on them such as tomatoes, cucumbers, grapes, ect.

The day before the colonoscopy:

- The day before your colonoscopy you will need to be on a **clear liquid diet**. This diet consists of liquids only such as water, tea, coffee, clear juices, clear broths, popsicles and gelatin (such as Jell-O). *Do NOT drink any RED food items* such as red juice or red Jell-O. Do NOT eat any *solid* foods.
- Mix the entire bottle of Miralax (238 grams) in 64 ounces of Gatorade, Crystal Light, or water. Shake well to dissolve the powder completely and keep the container in the refrigerator. *Do not mix more than 2 days prior to the procedure.*

The evening before the colonoscopy:

1. At **6 PM** start drinking the Miralax-Gatorade solution. Drink one 8 - ounce glass of the solution every 10 - 20 minutes until the entire amount is taken. If you get nauseated stop and rest for 15 - 30 minutes then start again.
2. At **8 PM** take the entire bottle of Magnesium Citrate by mouth.
3. Continue to drink plenty of clear liquids to avoid dehydration and help clean out your colon completely after the prep is finished.
4. Stop all liquids at **midnight** prior to your exam

Of Note:

This preparation is designed to cause you to have diarrhea and clean out your colon for the colonoscopy. If your stool is not clear, you may not have a good examination and may need to do this again. If you are not having clear stool within 3 hours of finishing the prep, please call your physicians office for further instructions.