

**CITRATE OF MAGNESIA +  
MIRALAX/GATORADE PREPARATION**

It is advisable that someone be with you during this preparation process for safety reasons:

- A. Approximately two to three days before the procedure we advise you to eat on the lighter side avoiding fruits and vegetables – drink lots of liquids – light diet consists of chicken, fish, pasta, white bread, etc.
- B. **The day before the procedure:**
1. You will take **CLEAR** liquids all day. No solid food for the entire day.
  2. You may take all of your usual medications except **blood thinners** (Coumadin, Persantine etc.) and **aspirin type products** (Advil, Motrin, Ibuprofen, etc.) which should have been stopped prior to the procedure. (See below)
  3. At about 7:00 a.m. take 1 Bottle of **CITRATE OF MAGNESIA**.
  4. You will be using a laxative called **MIRALAX**. This is an over the counter product. Mix the **ENTIRE 238g** bottle of **MIRALAX** with a **32 oz.** of a **GATORADE** product, any flavor, try to purchase low calorie low sugar.
  5. At 5:00 pm you will begin drinking the **Miralax/Gatorade Mix** and this **MUST** be finished **1/2 HOUR**.
  6. At bedtime, please take 4 **Dulcolax** tabs (this is also over the counter)
  7. Continue to drink as much clear liquids as possible until bedtime. Do not eat or drink anything after midnight
  8. **Do not omit any part of the preparation. A poor preparation may cause a polyp or cancer to go undetected.**
- C. **On the Day of the Procedure:** do not eat or drink anything, however, you may take your routine medicine e.g. cardiac &/or hypertension with a small sip of water. **PLEASE BRING ANY INHALERS WITH YOU.**

**IMPORTANT**

\*If you take blood thinners, e.g., aspirins, Persantine, dipyridamole or non-steroidal anti-inflammatories, e.g., Motrin, Advil, Feldene, Plavix, Trental, Voltaren, Vioxx, Daypro, Aleve, Vitamin E, Ginkgo, Flaxseed/Fish Oil, Celebrex, Bextra, Mobic, Multi-Vitamins and all other herbal supplements they **MUST** be stopped **ONE (1)** week prior to this procedure.

\*If you take blood thinners Coumadin (Warfarin), please call your physician to ask for permission to stop this **FIVE (5)** days prior to the procedure.

\*If you take antibiotics prophylactically for any dental procedure, please notify this office.

*Note: Mitral Valve Prolapse is no longer considered to be an indication for antibiotic prophylaxis for colonoscopy or upper endoscopy.*

\*If you have a **cold (upper respiratory infection)** days prior to this procedure please call this office perhaps cancellation and rescheduling will be necessary.

\*If there is a chance, no matter how slim, that you might be **PREGNANT** we **MUST** be notified and your colonoscopy will be cancelled. If you are an **INSULIN DIABETIC** please check with your physician on **INSULIN** dose for the day of your preparation. We recommend your colonoscopy time to be first in the morning bringing your insulin with you to this office but again please check with your physician.