



2-DAY MIRALAX COLONOSCOPY PREPARATION

PROCEDURE DATE: _____ **ARRIVAL TIME:** _____

STOP taking phentermine if prescribed, 2 weeks prior to test.

NO aspirin, Advil, Motrin, Ibuprofen, Aleve, Excedrin, BC Powder or Celebrex, **3 days prior to test.** Tylenol is ok.

NO iron, vitamins or supplements, **3 days prior to test**

NO Metformin the day before or the day of your procedure.

IF you take blood thinners, your nurse will give you specific instructions for taking these prior to your procedure.

PURCHASE two Dulcolax tablets and an 8.3 oz. bottle of Miralax and 2 bottles of Magnesium Citrate. These are available over the counter at any pharmacy — you do not need a prescription.

TWO DAYS BEFORE YOUR TEST _____ / _____ :

AT 5 PM begin your clear liquid diet and drink 1 bottle of Magnesium Citrate.

AT 6 PM drink 1 bottle of Magnesium Citrate. **REMAIN ON CLEAR LIQUIDS** until midnight the day before your test.

CLEAR LIQUIDS

Water	Apple Juice	Clear Chicken Broth/Bouillon
Coffee (No Cream)	White Grape Juice	Clear Beef Broth/Bouillon
Tea	White Cranberry Juice	Plain Jello (Not Red)
Any Soft Drinks	Light Colored Gatorade	Light Colored Kool-Aid
Popsicles (Not Red)		

NO MILK, NO ORANGE JUICE, NO PRUNE OR TOMATO JUICE, NOTHING RED OR PURPLE, NO SOLID FOODS

THE DAY BEFORE YOUR TEST _____ / _____ :

AT 3 PM take 2 Dulcolax tablets with an 8 oz. glass of water.

AT 5 PM mix the entire 8.3 oz. bottle of Miralax powder with 64 ounces of clear liquid. Shake the solution until the solution has dissolved. Drink this over 2 hours.

You may remain on clear liquids ONLY until MIDNIGHT prior to your test.

NOTHING TO EAT OR DRINK AFTER MIDNIGHT! NO mints, gum or candy!

You may take your routine morning medications such as seizure, high blood pressure, breathing, heart and behavioral medications **with a sip of water.** DO NOT TAKE any diabetic or blood thinners without your doctor's specific instructions.

**YOU MUST BRING YOUR VALID ID (PICTURE PREFERRED) AND INSURANCE CARDS.
YOU MUST BRING A RESPONSIBLE ADULT (18 OR OLDER) THAT CAN DRIVE YOU HOME AFTER
YOUR TEST OR IT WILL BE POSTPONED!**

You should expect to be here 2 to 3 hours. Please call (901) 226-0536 for any scheduling needs.