**Bowel Preparation Instructions:**
Two-Day Bowel for Procedures After 1 p.m.

Miralax and Magnesium Citrate

**Preparing for the test**

The day before your test you will need to prepare for your colonoscopy. Your body must be empty so that the doctor can see during the test. You will be using a Miralax and Magnesium Citrate bowel preparation to clean out your colon.

If you have a history of renal failure or kidney disease, you should not take a Miralax and Magnesium Citrate bowel preparation and call the doctor the prescribed the colonoscopy.

Please follow all instructions carefully. To get ready for your colonoscopy, you will need to buy items for the bowel preparation.

**Medications to buy:**
- Eight Bisacodyl/Dulcolax tablets (5mg). Make sure these can be taken by mouth/orally.
- One 238-gram bottle of Miralax.
- One 10-ounce bottle of Magnesium Citrate.

(No prescription is needed for these items.)

**From your grocery or convenience store:**
- 64 ounces of Gatorade in any flavor except red or purple.
- You can buy two bottles of 32-ounce bottles.

You will receive a phone call from a nurse and/or from registration 5 to 7 days before your test. They will ask questions to help get you ready for your test, to talk about your health; and to help you understand which medications you can or cannot take before the test. If you have **ANY** questions regarding these instructions, please call us at **(320) 229-4974**, Monday through Friday between 8:00 a.m. and 4:30 p.m. You may also call us toll free at 1-844-795-1734. If you need to reschedule your appointment, please call **(320) 229-4933**.
Five (5) days before your colonoscopy

- **Avoid** taking medications that will stop diarrhea – Examples: Imodium or Pepto-Bismol.
- **Avoid** taking fiber medications or supplements – Examples: Metamucil or Citrucel.
- **Avoid** taking iron supplements or products that contain iron – Example: Multi-vitamins.
- **Avoid** taking vitamin E supplements or medications.

Three (3) days before your colonoscopy

- **Begin a low fiber diet** – **Avoid** eating high fiber foods – Examples: Popcorn, seeds (flax seeds, sunflower, and quinoa), multigrain breads or pasta, nuts, granola, salads, raw vegetables, or fresh and dried fruits. Limit the amount of meats.

Two (2) days before your colonoscopy

- Only drink clear liquids the entire day.
- Drink at least 8 ounces of clear liquids every hour after waking up.
- **At 9 a.m.**, take 4 tablets of Bisacodyl/Dulcolax.
- **At 6 p.m.**, drink the entire 10-ounce bottle of Magnesium Citrate.

One (1) day before your colonoscopy

- Continue to only drink clear liquids and **not** eat any solid foods.
- Mix your Miralax (entire bottle) with 64 ounces of Gatorade. You may put this in the refrigerator, but it is not necessary.
- **At 9 a.m.**, take four tablets of Bisacodyl/Dulcolax
- **At 6 p.m.**, start drinking your Miralax and Gatorade solution. Drink an eight-ounce glass every 15 minutes until you have finished half (32 ounces).
- Some people may feel nauseous, bloated, or vomit. If this happens, take a 15-30-minute break and then try drinking the prep mixture again.
- Store the other 32 ounces in the refrigerator for the next morning.

Day of your colonoscopy

- **At 8 a.m.**, you will start drinking your last half (32 ounces) of the Miralax and Gatorade solution.
- Drink an eight-ounce glass every 15 minutes until you have finished all the bowel preparation.
- You may drink water until **four hours** before your scheduled arrival time.
- You will need to finish drinking your prep mixture by **9 a.m.**
- You may take your medications in the morning with a sip of water only.
- Remember **do not eat any solid foods**.