Bowel Preparation Instructions:
Two Day Bowel Procedures Before 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 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 that prescribed the colonoscopy.

Please follow all instructions carefully. To get ready for your test, 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.

From your grocery or convenience store:

- 64 ounces of Gatorade any flavor except red or purple colored.
- You can buy two bottles of 32-ounce bottles.

(No prescription is needed for these items.)

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 am 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.
Patient Education

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

- Do not eat any solid foods.
- Only drink clear liquids the entire day.
- Drink at least eight ounces of clear liquids every hour after waking up.
- At 9 a.m., take four 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 3 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 will need to finish drinking your prep by 4 a.m.
- You may drink water until four hours before your scheduled arrival time.
- You may take your medications in the morning with a sip of water only.
- Remember do not eat any solid foods.

CENTRACARE Digestive Center