

Instructions for your colonoscopy:

****You will need to purchase a total of (3) Magnesium Citrate 10oz. bottles (any flavor that is clear) and (4) laxative tablets (Dulcolax or pharmacy brand). ****If you require antibiotics before routine dental work, or are a diabetic taking insulin or pills, or taking a blood thinner, or have cardiac stents, or have renal disease, or on dialysis consult your physician for additional instructions before beginning this procedure.

Day before examination: Drink only "clear liquids" for breakfast, lunch, and dinner. **No solid foods, milk, or milk containing products. No liquids that are colored red or purple. No alcoholic beverages.**

Clear liquids include:

Strained fruit juices without pulp (apple, white grape, lemonade), water, clear broth or bouillon, coffee, tea (without milk or non-dairy creamer), gatorade, carbonated and non-carbonated soda (pepsi, coke, sprite, 7-Up, etc.) kool-aid or other fruit flavored drinks, plain jello (without fruits or toppings), ice popsicles.

*****Prep tips if needed—chill it, sip it, mix it with clear liquid above, eat a popsicle first*****

The day before the exam at 5:00pm:

***Drink (2) bottles of Magnesium Citrate.** Make sure you drink it all. Follow this with several glasses of approved "clear liquid". **After, take (4) laxative tablets.** *Drink at least (3) more full 8 ounce glasses of "clear liquids" before going to bed. You are encouraged to drink throughout the night to avoid becoming dehydrated.

The day of the exam at 4:00am:

Drink (1) bottle of Magnesium Citrate, finish by 5:00am. Make sure you drink it all. Follow immediately with several glasses of approved "clear liquids". *Continue to drink clear liquids until (3) hours before exam time.

DO NOT DRINK AFTER _____ . If a small amount is consumed, your procedure may be cancelled. Please take any essential morning medications by this time.

Instructions for your colonoscopy with the **Suprep Bowel Prep Kit**

Consult with your prescribing physician for additional instructions if: you are diabetic taking insulin or pills, taking blood thinners, have cardiac stents, on dialysis or have renal disease.

Please follow these instructions given and NOT on the laxative box.

Day before examination:

Drink only "clear liquids" for breakfast, lunch, and dinner. No solid foods, milk, or milk products are allowed. No liquids that are colored red or purple are allowed. No alcoholic beverages.

"Clear Liquids" include:

Strained fruit juices without pulp (apple, white grape, lemonade)

Water

Clear broth or bouillon (chicken or beef)

Coffee or tea (without milk or non-dairy creamer)

Gatorade

Soda (pepsi, coke, sprite, etc.)

Kool-aid or other fruit flavored drinks

Plain Jell-O (without fruits or toppings)

Ice Popsicles

6:00pm:

- Pour the entire contents of one bottle of Suprep bowel prep kit that has been chilled into the mixing container provided. Fill the container with water to the 16oz. fill line as indicated on the mixing container. Sip the entire amount with a straw between 30-45 minutes. **MAKE SURE YOU SIP THE PREP AND DO NOT DRINK ALL AT ONCE.**
- Take 4 (four) laxative tablets sold over the counter. You can get the Dulcolax or pharmacy brand.
- Over the next hour, drink 2 additional 16oz. containers of plain water. This is necessary to ensure hydration; you can have more if you wish.

4:00am the day of Exam:

- Pour the entire contents of one bottle of Suprep bowel prep kit that has been chilled into the mixing container provided. Fill the container with water to the 16oz. fill line as indicated on the mixing container. Sip the entire amount with a straw between 30-45 minutes. **MAKE SURE YOU SIP THE PREP AND DO NOT DRINK ALL AT ONCE.**

Continue to drink clear liquids until 3 hours before exam time.

DO NOT DRINK AFTER _____ AM/PM.

After completing the prep: If your stools are not clear like urine, you will need to drink a 10oz. bottle of magnesium citrate-lemon flavored available over the counter at the pharmacy.

Miralax Prep

Instructions for your colonoscopy:

**Please read all prep instructions at least (5) days before your colonoscopy examination. Your dosage schedule may be adjusted by your physician.

**You will need to purchase (1) bottle of Miralax- 8.3 oz (238 grams), (4) laxative tablets (Dulcolax or pharmacy brand), and 64 oz of Gatorade (no red or purple).

**If you require antibiotics before routine dental work, or are a diabetic taking insulin or pills, or taking a blood thinner, or have cardiac stents, or have renal disease, or on dialysis consult your physician for additional instructions before beginning this procedure.

Day before examination:

Drink only "clear liquids" for breakfast, lunch, and dinner.

No solid foods, milk, or milk containing products.

No liquids that are colored red or purple.

No alcoholic beverages.

Clear liquids include:

Strained fruit juices without pulp (apple, white grape, lemonade).

Water

Clear broth or bouillon

Coffee or tea (without milk or non-dairy creamer)

Gatorade

Carbonated and non-carbonated soda (pepsi, coke, sprite, 7-Up)

Kool-aid or other fruit flavored drinks

Plain Jell-o (without fruits or toppings)

Ice popsicles.

5:00pm: Take (2) laxative tablets. Drink with (1) full glass of clear liquid.

6:00pm: Mix the entire bottle of Miralax with 64oz Gatorade. Shake well until completely dissolved. Pour half of the liquid into a 32oz container. Drink 32oz of the Miralax solution. Refrigerate the rest.

7:00pm: Take (2) dulcolax tablets. Drink with (1) full glass of clear liquid. You are encouraged to drink more fluids.

Day of Examination:

4:00am: Drink the remainder of 32oz of Miralax solution, finish by 5:00am. Follow immediately with glasses of approved clear liquid.

*Continue to drink clear liquids until (3) hours before exam time.

DO NOT DRINK AFTER _____ AM/PM. If a small amount is consumed, your procedure may be cancelled.