



SOUTHWEST
GASTROENTEROLOGY
ASSOCIATES, P.C.

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Miralax Gatorade w/Magnesium Citrate

DATE _____ TIME _____

PROVIDER _____ LOCATION _____

Follow the steps below to make sure that your colon is completely clean before your colonoscopy. You will need a driver on the day of your procedure. Please call our office if you have any questions.

1 WEEK PRIOR TO YOUR PROCEDURE

Let us know if you are on any of the following: Plavix, Coumadin, Effient, Pradaxa, Eliquis, Xarelto or other blood thinning medication.

Purchase the following:

- Miralax Powder, 8.3 oz. bottle – No prescription is necessary for Miralax
- Dulcolax (Bisacodyl) Laxative 5 mg tablets, 4 tablets. – No prescription is necessary for Dulcolax (bisacodyl)
- 1 Bottle of over the counter Magnesium Citrate
- 64 oz. Gatorade or Gatorade G2 - No red or purple
- Optional for sore bottom - Plain or Aloe Baby Wipes, Desitin, A&D Ointment or vaseline
- Optional: Ensure Clear – a particularly good source of calories and protein which will decrease hunger (apple or peach flavors available online)
- Optional: Boost Breeze or Enlive! (nutritional juice drinks with 160/300 calories per serving respectively) (available online)
- Discontinue iron supplements or vitamins that contain iron, as well as fiber.
- Discontinue fish, krill or shark oil supplements.

3 DAYS PRIOR TO YOUR PROCEDURE

No fruits, vegetables or corn. No foods that contain seeds like tomatoes, green chile, sesame seed buns, etc. You can eat meat, fish, rice, pasta, breads without seeds, peanut butter, eggs, cheese and cereal.

2 DAYS PRIOR TO YOUR PROCEDURE

At 5:00 p.m. drink 1 bottle of Magnesium Citrate and drink at least 8-8 oz. glasses of water throughout the day. No solid foods after midnight. Continue fiber diet, confirm driver.

1 DAY PRIOR TO YOUR PROCEDURE

NO solid foods, milk or milk products. Drink only “clear liquids” for breakfast, lunch and dinner. PLEASE AVOID ANY RED OR PURPLE COLORED LIQUIDS. Please read the labels.

“CLEAR LIQUIDS” INCLUDE:

- strained fruit juice without pulp (apple, white grape, lemonade)
 - water, tea, coffee (without milk or non-dairy creamer)
 - clear broth or chicken, beef or vegetable bouillon
 - Kool-aid, Gatorade, soda (e.g. Pepsi, Coke, 7-UP) carbonated and non-carbonated soft drinks, Boost Breeze or Ensure Clear.
 - Plain Jell-O (without added fruit or toppings), ice popsicles
- Alcohol Is Not Permitted**

12:00 noon: Take 4 Dulcolax (Bisacodyl) laxative tablets with 8 oz. of water. Thoroughly mix 8.3 oz. of Miralax with 64 oz. of Gatorade or Gatorade G2.

Begin drinking 1/2 (32 oz.) Miralax-Gatorade mixture at 5:00 p.m.

Drink an 8 oz. glass of Miralax Gatorade mixture every 10-15 minutes. Continue drinking until you finish 32 oz.

If your procedure is before 7:00 a.m. please check in at 6:30 a.m. Our office opens at 6:30 a.m.

THE DAY OF YOUR PROCEDURE

On the morning of your procedure begin drinking the other 1/2 (32 oz.) of the Miralax-Gatorade mixture 8 hours prior to your procedure by drinking an 8 oz. glass every 10-15 minutes finishing 6 hours prior to your procedure time.

Do not take anything by mouth for 6 hours before your arrival time.

Take all your usual medications with a small sip of water at least 2 hours prior to your procedure.
Do not skip heart, blood pressure, or seizure medications

You will need your current insurance card, picture ID, and copayment.