DHPT Digestive Health PARTNERS OF TEXAS

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# 2-DAY MIRALAX COLONOSCOPY PREPARATION

**PURCHASE these Over the Counter (OTC) laxatives:**

a. GATORADE (64 ounces) of lemonade or other clear Gatorade (two 32 oz. bottles)
b. DULCOLAX 5mg tablets (four tablets)
c. MIRALAX BOTTLE (238 grams) (over the counter only)
d. Magnesium Citrate (10 oz)

**2-DAYS BEFORE your Colonoscopy: LIQUIDS ONLY**

ABSOLUTELY NO SOLID FOOD

- You will be on a clear liquid diet
- This includes dairy products, smoothies, protein shakes, pureed soups, as well as any clear liquids.
- **At 5:00 PM** drink an entire 10 oz bottle of magnesium citrate

**1-DAY BEFORE your Colonoscopy:** Drink only clear liquids

Examples of clear liquids: Water, clear fruit juices such as apple or white grape, chicken or beef bouillon, jello (no RED or PURPLE), Gatorade, popsicles (no RED or PURPLE)

**NO MILK OR MILK PRODUCTS. NO ORANGE JUICE. NO RED OR PURPLE JELLO OR JUICES.**

**9:00 AM:** Take 4 DUCOLAX tablets with water
**12:00 PM** (noon): Mix the entire bottle of MIRALAX into the 64 ounces of GATORADE. Shake the solution until fully dissolved. Drink an 8 oz glass every 30 minutes for a total of 6 glasses. You will have 2 glasses left over that you will drink **at 2:00 AM** the morning of your procedure in one hour. This is all you will have after midnight until the solution is gone.

***NOTHING TO EAT OR DRINK AFTER THE SECOND PART OF THE PREP***

**Medications:**

- See medications sheet

**REMEMBER:** The preparation is very important. An adequate clean out allows for the best evaluation of your entire colon. During the prep, using baby wipes may ease some of your discomfort.

**YOU MUST HAVE SOMEONE TO DRIVE YOU HOME**
**No Uber, Lyft, Taxi or Bus !**

Please call the office within 48 hours to Cancel or Reschedule your procedure to avoid a $150 charge. If you have any questions, please call Leslie at 972-408-4400

No Smoking/Vaping, Chewing Gum/Candy or Chewing Tobacco on the morning of the procedure