

**Pickup at the Pharmacy/Grocery Store**

**Dulcolax 5 mg  
(4 tablets)**



**MiraLax 238 g bottle**



**Magnesium citrate 10 oz**



**Gatorade 64 oz bottle  
(optional)**



**THE DAY BEFORE YOUR COLONOSCOPY**

**A. Upon Awakening on your Prep Day (between 7 – 9 a.m.), you are allowed to eat a low-residue breakfast before 9 a.m. See table below. After breakfast, you are **NOT ALLOWED** to eat any solid food until after your colonoscopy. Instead, start a clear liquid diet (see Clear Liquid List below). Medications by mouth are ok.**

**Drink as many clear liquids as you want. In fact, drink lots of clear liquids to avoid dehydration and to make the laxative work better. If you are under fluid restriction, please speak with your doctor to make certain that this prep is right for you.**

**Low-Residue Breakfast**

**No more than:**

- 2 eggs (boiled or fried)
- 2 slices of white bread/toast
- 1 tsp of butter (if desired)
- **STRICTLY – NO SUBSTITUTIONS!**
- Less is ok, but no more than above

**Clear Liquid List**

- Gatorade®, Powerade® (sports drinks with electrolytes are recommended to help with hydration)
- Water, tea, or coffee (No cream or milk; sugar is ok)
- Jell-O®, Popsicles®, Italian ice (no fruit or cream added)
- Apple, white grape, or white cranberry juice (no orange, tomato, grapefruit, prune, or any juice with pulp)
- Soda such as Sprite®, 7-UP®, ginger ale®, or any cola
- Lemonade (with no pulp), iced tea. Clear hard candy, gum
- **Avoid red liquids – they can look like blood in the colon**

**B. Anytime in the morning**

**Mix the entire bottle of MiraLax (or Glycolax) powder with 64 oz. of Gatorade (or any clear liquid of your choice) in a pitcher. Stir the solution until the powder has dissolved.**



**[Note: The timing of the next 3 steps can vary for your convenience. For example, the 4 p.m. step may begin as early as 3 p.m. or as late as 4 p.m. The earlier you can start, the better your sleep may be at night (fewer overnight bathroom interruptions)]**

**4. p.m.:** Take the first 2 (of 4) Dulcolax pills by mouth with clear liquids.



2 tablets +



**6 p.m.:** Begin drinking 8 oz glasses of the MiraLax powder (Glycolax)-Gatorade solution every 20 min. until it is finished. Drinking through a straw may help. If you get nauseated or vomit from too much liquid in your stomach, take a 30 min break and start drinking again at 30 min. intervals.



6 p.m.



6:20 p.m.



6:40 p.m.



7 p.m.



7:20 p.m.



7:40 p.m.



8 p.m.



8:20 p.m.

**8-9 p.m.:** Take the final 2 Dulcolax pills after completing the MiraLax (Glycolax) solution.



2 tablets



**Continue drinking as much clear liquid as you can tolerate.**

**Your Procedure Day**

**At least 4-½ hours prior to your scheduled procedure time, (this will be very early morning for early procedure times)**

**Pour the 10 oz bottle of Magnesium Citrate over ice and drink. Again, drinking through a straw may help. You may continue drinking clear liquids only (no solid food) until 3 hours prior to your procedure.**

**You may take critical medications (high blood pressure, etc.) with clear liquids up to 3 hours before test.**



**IMPORTANT: Nothing by Mouth within 3 hours of your procedure time. Taking anything by mouth within 3 hours of procedure will increase risk of aspiration.**

**Do not wear contact lenses. Please wear **loose fitting clothes** and preferably short sleeves. Do not wear high heels.**

**If you are a diabetic, please do finger stick in the morning of the procedure and call the endoscopy center at 302-678-0725 if it is less than 80 or greater than 300. Please call **302-678-0725** if you have any questions on the morning of the procedure. Please do not take your diabetes medications on the morning of the procedure.**

**Have someone pick you up from the endoscopy, as you should not drive on the day of the procedure due to sedation. Also, do not operate any heavy machinery or sign any legal documents after sedation on that day.**

**Procedure Day:**

**Date:**

**Time:**

**Procedure Location: Advance Endoscopy Center. 742, South Governors Avenue Ste.#2. (Corner of Dover St. & Governor's Avenue) Park on Dover St. & come in through the Dover St. Entrance.**

**Procedure appointment slots are very important and limited. We expect you to call us at least 48 hours in advance if you are unable to keep your appointment so that it can be used for another patient. There will be a \$50 charge for missing a procedure appointment.**