



Colonoscopy preparation using MIRALAX

STOP prior to procedure :

- Plavix, Aggrenox, Brilinta, Effient, Cilostazol, Ozempic, Wegovy, Trulicity, Mounjaro, Bydureon, Zepbound, Semaglutide, Rybelsus, Victoza, Saxenda, Soliqua, Adlyxin, Byetta, Wegovy Pill, Tirzepatide, Phentermine – **stop 7 days in advance**
- Coumadin – **stop 4 days in advance**
- Eliquis, Xarelto, Pradaxa – **stop 3 days in advance**

5 days prior:

- Do not take oral iron tablets.
- Do not consume any foods that contain seeds or nuts.

**** You will need to purchase Magnesium Citrate (2 bottles), Miralax 238 gm bottle at your local pharmacy. Also, purchase Gatorade 64 oz bottle Lemon, Lime or Orange ****

Two days before the procedure:

That morning you may have a **lite** breakfast. At 12noon drink 1 bottle of Magnesium Citrate and start your Clear liquid diet.

One day before the procedure:

1. You can have only clear liquids the entire day before your colonoscopy. Liquids such as soda, apple juice, Jell-O, chicken/beef/bone broth, black coffee, tea, popsicles. **You CANNOT consume anything that is RED, BLUE, PURPLE or ANYTHING THAT CONTAINS MILK**
2. At **12:00pm** noon, drink the 2nd bottle of Magnesium Citrate, continue the liquid diet.
3. Mix 238 grams of Miralax in 64 ounces of Gatorade Lemon, lime or orange.
4. Begin drinking half of Gatorade mixture at **5:00 pm** – continue to drink clear liquids
5. Drink remainder of Gatorade mixture at **12:00 (midnight)**
6. If you feel bloated or nauseated slow down your drinking rate. It is normal to feel chilled while drinking the solution. Warm clothing may help. It may take several minutes to several hours for the results to start.
7. You may only have WATER until _____ (3 hours prior) to your procedure



Clear Liquid diet

All day:

WARNING: *This diet is inadequate in all essential nutrients and is recommended ONLY if clear liquids are temporarily needed.*

You **CANNOT** consume anything that is RED, BLUE, PURPLE OR ANYTHING THAT CONTAINS MILK

You may have:

- Tea (decaffeinated or regular)
- Coffee (black only: **NO cream or milk**)
- Beverages (Coke/Sprite/Ginger Ale/Gatorade/etc) **NO CHEERWINE**
- Jell-O without fruit (**NO red, blue or purple**)
- Popsicles (**NO red, blue or purple**)
- Clear Broth: Bone, chicken, beef, or vegetable
- Fruit juices (**NO PULP**): apple, white grape juice or lemonade
- You may also have sugar, honey, syrup, clear hard candy (**NO red, blue or purple**) and salt