



ALTERNATE COLONOSCOPY PREP

You Will Need to Purchase from Your Pharmacy:

- 2 Bottles of Magnesium Citrate
- 3 Dulcolax laxative tablets
- 1 255 gram container of Miralax

Day One _____

Follow a clear liquid diet all day.

Pour one bottle of Magnesium Citrate over ice and drink early in the morning between 8:00 a.m. and 10:00 a.m.

Drink the second bottle of Magnesium Citrate at 5:00 p.m.

Day Two _____

Follow a clear liquid diet all day.

At 12 o'clock noon, take 3 Dulcolax laxative tablets.

At 3:00 p.m., mix 255 grams of Miralax powder with 64 oz of water.

Drink 8 oz every 15-20 mins.

You must drink all 64 oz of Miralax prep.

Examples of clear liquids you can have are:

Coffee (No Cream/No Milk)

Tea (No Cream/No Milk)

Jello – Without Red, Orange or Purple Dyes

Soda – Sprite, 7-Up, Ginger Ale

Juice – Without Red, Orange, Purple dyes **or** pulps

Kool-Aid – Without Red, Orange or Purple Dyes

Popsicles – Without Red, Orange, or Purple Dyes

Crystal Light – Without Red, Orange, or Purple Dyes

Broth – Beef, Bone, Chicken, Turkey, Vegetable WITHOUT meat or vegetable chunks,

broth only