

Denver Endoscopy Center

8155 E. First Avenue
Denver, CO 80230
303-344-4844

Miralax Preparation

Patient will need to purchase:

1 bottle of Miralax
1 bottle of Magnesium Citrate
2 Dulcolax tabs

2 days before your colonoscopy:

Enjoy a normal breakfast. At noon, begin a clear liquid diet. Clear liquids include water, apple juice, ginger ale, 7-up, coffee (black), tea (no milk or creamers), Gatorade or Propel (not red in color), jello (not red in color), chicken broth (fat free) or beef broth (fat free). **DO NOT eat solid food until after your colonoscopy is performed.**

1 day before your colonoscopy:

Continue the clear liquid diet. Clear liquids include water, apple juice, ginger ale, 7-up, coffee (black), tea (no milk or creamers), Gatorade or Propel (not red in color), jello (not red in color), chicken broth (fat free) or beef broth (fat free).

For patients with colonoscopies prior to 11:00am:

At **10am** the day before the colonoscopy: Mix one cap full of Miralax (17gm) in 8oz of liquid* and drink.

At **11am**: Mix one cap full of Miralax (17gm) in 8oz of liquid and drink.

At **12pm**: Mix one cap full of Miralax (17gm) in 8oz of liquid and drink.

At **1pm**: Mix one cap full of Miralax (17gm) in 8oz of liquid and drink.

At **2pm**: Mix one capful of Miralax (17gm) in 8oz of liquid and drink.

At **3pm**: Mix one cap full of Miralax (17gm) in 8oz of liquid and drink.

At **4pm**: Drink the bottle of Magnesium Citrate and take 2 Dulcolax tabs.

OK TO DRINK CLEAR LIQUIDS UP TO 3 HOURS BEFORE YOUR PROCEDURE

For patients with colonoscopies after 11:00am:

At **12pm** the day before the colonoscopy: Mix one cap full of Miralax (17gm) in 8oz of liquid* and drink.

At **1pm**: Mix one cap full of Miralax (17gm) in 8 oz of liquid and drink.

At **2pm**: Mix one cap full of Miralax (17gm) in 8 oz of liquid and drink.

At **3pm**: Mix one cap full of Miralax (17gm) in 8 oz of liquid and drink.

At **4pm**: Mix one cap full of Miralax (17gm) in 8 oz of liquid and drink.

At **5pm**: Mix one cap full of Miralax (17gm) in 8 oz of liquid and drink. Next, drink the bottle of Magnesium Citrate and take the 2 Dulcolax tabs.

The day of the procedure at **5am**: Mix one cap full of Miralax (17gm) in 8oz of liquid and drink.

At **6am**: Mix one cap full of Miralax (17gm) in 8oz of liquid and drink.

OK TO DO CLEAR LIQUIDS UP TO 3 HOURS BEFORE YOUR PROCEDURE

* Liquid may include: Gatorade (not red in color), Propel (not red in color), Vitamin Water (not red in color), Crystal Light (not red in color) or plain water.