

# Hamilton Endoscopy & Surgery Center

1235 Whitehorse-Mercerville Rd. Suite 310

Hamilton, NJ 08619

609-581-6610

## Colonoscopy Preparation Instructions

### What you need to buy from the store:

1 bottle of Miralax (238 gram)

1 Box of Dulcolax Laxative (25 Tablets)

Magnesium Citrate, Clear (10 ounces)

Clear Drink of your Choice (48 ounces)



- Follow a Low-Residue Diet 2-3 days prior to procedure. Also, avoid eating any nuts or seeds.

# THE DAY BEFORE YOUR PROCEDURE:

Remember to drink plenty of fluids all day long and **NO SOLID FOOD ALL DAY.**

- At 3 PM

- Mix Miralax powder 238 grams (Entire Bottle) with 32 ounces of Clear Juice of your choice (Water, Apple Juice, 7-Up, Ginger ale, Iced Tea, Gatorade, White grape juice, Lemonade). You may mix this earlier in the day and refrigerate if desired.
- **NO RED JUICES PLEASE.** Again, You are advised to drink plenty of clear liquids during this prep time to ensure you are properly hydrated.
- Take Dulcolax 2 tablets by mouth with a glass of water
- Start drinking the mixture of Miralax and juice slowly. You may drink 4-6 ounces every 15-30 minutes until finished.
- If you feel nauseated, then drink slowly (2-4 ounces every 30 minutes), until finished

- At 6 PM

- Take 2 tablets of Dulcolax

**If your arrival time for the procedure is BEFORE 10:30 AM then use this section, otherwise go to next section below.**

- At 11 PM day before the procedure
  - Drink 10 ounces of Magnesium Citrate slowly over 15-30 minutes
  - Take 2 tablets of Dulcolax with a glass of water.
- At Midnight
  - Nothing to eat or drink from this time on
- Arrive at the Endoscopy Suite at the time advised.

# THE DAY OF YOUR PROCEDURE:

**If your arrival time for the procedure is AFTER 10:30 AM then use this section, otherwise go to previous section above.**

- At 5 AM on the day of procedure
  - Take 2 tablets of Dulcolax with a glass of water.
  - Drink 10 ounces of Magnesium Citrate slowly over 15-30 minutes
- At 5:30 AM
  - Nothing to eat or drink from this time on
- Arrive at the Endoscopy Suite at the time advised.