






Glycolax (MiraLax)-Dulcolax-Magnesium citrate with Extra Dose of Magnesium Citrate

The following instructions are designed to prepare you for a good exam.

Pickup at the Pharmacy/Grocery Store

- **Magnesium citrate 10 oz bottle**  (2 bottles)
- **GlycoLax 255 g bottle or MiraLax 238 g bottle** 
- **Dulcolax 5 mg (4 tablets)** 
- **Gatorade 64 oz bottle (optional)** 

TWO DAYS BEFORE YOUR COLONOSCOPY

- Have a regular breakfast and lunch. Have a liquid dinner and lots of liquids. 
- At dinnertime, drink the bottle of magnesium citrate 10 oz with a glass of clear liquid.

DAY BEFORE YOUR COLONOSCOPY – DO NOT EAT ANY SOLID FOOD

Please drink as much fluid as you can throughout the day


Have a **CLEAR LIQUID DIET** throughout the day.

- Clear broth or boullion
- White cranberry, white grape, apple, lemonade (no pulp)
- Water, coffee, tea, kool-aid, carbonated beverages (sodas)
- Water ices, Italian ices, popsicles




Avoid milk, milk products, creamers, and juices with pulp such as orange or grapefruit juice.

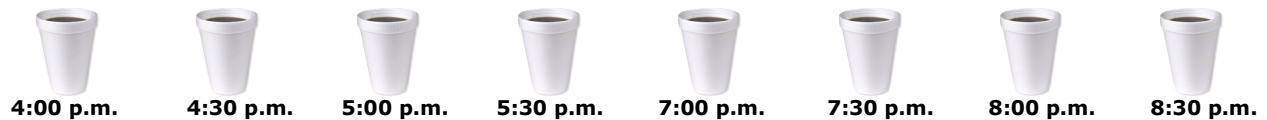


At 1 p.m. – Take 4 Dulcolax tablets with a glass of clear liquid.  +

4 tablets

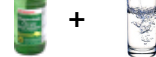
At 4 p.m. - mix the entire 255 g bottle of GlycoLax (MiraLax) with the 64 oz bottle of Gatorade (or any clear liquid of your choice) in a pitcher. Shake the solution until the GlycoLax is dissolved.  +

64 oz



You should continue to drink clear liquids until midnight. DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.

DATE OF YOUR PROCEDURE

5 hours before your procedure time drink the bottle of magnesium citrate with a glass of water 

- In the morning of the procedure, only take blood pressure medications. Take these medications as early as possible in the morning with only a sip of water.
- Do not wear contact lenses. Please wear loose fitting clothes and preferably short sleeves.
- If you are 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 240.

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.

Endoscopy Day:	Date:	Time:
Location: Advance Endoscopy Center. 742, South Governors Avenue, (Corner of Dover St. & Governor's Avenue) Park on Dover St. & come in through the Dover St. Entrance.		
Follow Up Day:	Date:	Time: