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GATORADE/MIRALAX/MAGNESIUM CITRATE COLON CLEANSE INSTRUCTIONS

You will need these items from a pharmacy: No prescription necessary

Miralax (1 large bottle – 8.3 ounces or 238 grams)

Magnesium Citrate (1 bottle – 10 ounces)

Dulcolax or bisacodyl tablets (5 mg)

Gatorade (64 ounce bottle)

PLEASE READ THESE INSTRUCTIONS SEVERAL DAYS BEFORE YOUR PROCEDURE.

CALL OUR OFFICE IF YOU HAVE ANY QUESTIONS

ON THE DAY BEFORE YOUR COLONOSCOPY - HAVE CLEAR LIQUIDS ONLY. NO SOLID FOODS.

Examples: water, fruit juice WITHOUT pulp (apple or white grape), tea or coffee WITHOUT creamer or milk, clear chicken or beef broth, carbonated and non-carbonated soft drinks, gelatin or jell-o and popsicles as long as they are NOT red, purple or blue.

STEP 1. Around 10:00 am, drink the bottle of magnesium citrate.

Continue to drink clear liquids all day today. Stay well hydrated.

STEP 2. Around 2:00 pm, take 4 dulcolax tablets. Take tablets with a full 8 ounce glass of clear liquid.

Continue to drink clear liquids all day.

STEP 3. Around 6 pm, mix the entire bottle of Miralax into the 64 ounces of Gatorade. Shake or mix the solution until it is fully dissolved. You may chill this in the refrigerator for an hour.

STEP 4. Around 7 pm, start drinking the Miralax/Gatorade solution. You will drink an 8 ounce glass every 30 minutes until solution is gone.

If you experience nausea, bloating or vomiting, take a break from drinking the solution and continue once it settles down.

Continue to drink clear liquids up until midnight so that you stay well hydrated.

DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.

You should be passing clear or clear yellow liquid by this time.

