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## Magnesium Citrate and Miralax/Gatorade Same Day Colon Cleansing Regimen

Your procedure **appointment DATE**: \_\_\_\_\_

Your procedure **appointment TIME**: \_\_\_\_\_

Arrive at your designated endoscopy center at: \_\_\_\_\_

### **PURCHASE the following over-the-counter items several days in advance:**

- Citrate of Magnesium, you will need one 10 oz bottle
- Miralax (polyethylene glycol 3350), you will need one 238 or 255-gram container/bottle -Gatorade, you need 64 ounces (NO red/purple color)

### **The DAY BEFORE the procedure:**

- Clear liquid diet all day. Do NOT eat any solid food. **Refer to the “Colonoscopy Instructions” handout for advice regarding this diet and for other important tips.**
- At \_\_\_\_\_ AM/PM, drink the 1 bottle of Citrate of Magnesium over 30 minutes. Make sure you are near a bathroom because you will need frequent trips to the toilet starting at this time.
- Mix the entire 238 or 255-gram bottle of Miralax with the 64 ounces of Gatorade, make sure you mix it well to dissolve all the powder completely. Refrigerate after mixing.
- At \_\_\_\_\_ AM/PM drink the first half of the mixture (32 ounces). Do not do this all at once, but instead drink approximately one 8 ounce glass every 15 minutes (for a total of 4 glasses). You may slow down depending on how you feel.
- At \_\_\_\_\_ AM/PM, drink the second half of the mixture (32 ounces). Do not do this all at once, but instead drink approximately one 8 ounce glass every 15 minutes (for a total of 4 glasses). You may slow down or speed up depending on how you feel.
- You may continue to drink clear liquids only until 3 hours prior to your appointment
- Arrive at the endoscopy center at the time indicated above

If you have not been told, ask your doctor's office what time to take the medications detailed above.