



**COLONOSCOPY** (MagCit-Miralax & Gatorade)

Date: \_\_\_\_\_

Check-in Time: \_\_\_\_\_

Appointment Time: \_\_\_\_\_

Doctor: \_\_\_\_\_

- MemorialCare Outpatient Surgical Center Long Beach**  
3833 Worsham Ave., Ste 200 Long Beach, CA 90808  
T: (562) 426-2606
- MemorialCare Surgical Center at Orange Coast**  
18111 Brookhurst Street, Ste 3200 Fountain Valley, CA 92708  
T: (714) 369-1100
- Los Alamitos Medical Center G.I. Lab**  
3751 Katella Ave Los Alamitos, CA 90720  
\*The GI lab number is (562) 799-3216

**For this preparation, you will need: (all over-the-counter)**

1. One Magnesium Citrate 10oz bottle
2. One 238 gram bottle of Miralax
3. 64 oz of Gatorade Ice (or other clear liquid)

**5 days before the exam:**

- ~ Stop fiber supplements and medications containing iron. You may continue any routine laxatives.
- ~ Stop all blood thinners, unless this has been discussed with the doctor.
- ~ Stop aspirin, unless this has been discussed with the doctor.
- ~ Stop all anti-inflammatory medications (e.g. Motrin, Aleve, etc.); Tylenol is acceptable
- ~ Please ensure you have a **responsible adult** to drive you home and remain with you for 12 hours after the procedure.
- ~ Reminder: Go to your pharmacy to pick up the prep solution.

**3 days before the exam:**

- ~ Avoid nuts, popcorn, or foods and breads with seeds.

**2 days before the exam:**

- ~ No raw fruits or raw vegetables.
- ~ Drink at least 8 glasses of water during the day.
- ~ Drink one 10 oz bottle of Magnesium Citrate at bedtime. Purchase at local pharmacy.

**1 day before the exam:**

- ~ BEGIN A CLEAR LIQUID DIET FOR BREAKFAST. DISCONTINUE SOLID FOODS. (No artificial red or purple liquids, no alcohol)
  - Water
  - Coffee or tea (no cream or milk)
  - Clear broth or bouillon
  - Clear sports drinks
  - Carbonated and non-carbonated soft drinks
  - Clear fruit-flavored drinks
  - Strained fruit juices, no pulp
  - Jell-O, popsicles, hard candy

**Approximately 5:00pm:**

- 1) Mix bottle of Miralax in 64 oz of Gatorade Ice (or other clear liquid). Shake the solution until the Miralax is dissolved.
- 2) Drink 8 oz of the solution every 15 minutes until the solution is finished.



**Discontinue liquids 6 hours before your exam.**

**You are ready for the exam:**

- ~ You may take your regular medications with small sips of water.
- ~ Wear comfortable clothing and leave all valuables at home. Plan 2 hours for the study.
- ~ Please be sure to bring your insurance information with you to facilitate registration.
- ~ **You must have someone drive you home as you cannot drive for at least 12 hours.**  
**A taxi service or ride share service is unacceptable.**