

**Gastroenterology Center of EAMC  
Non-Renal Issues Colonoscopy Prep Instructions for Dr. Shapira  
MiraLAX, Dulcolax Prep, and Magnesium Citrate**

**You will need to purchase the following:**

- One 8.3 oz bottle of Miralax (polyethylene glycol) Powder (238 grams, 14 doses). Generic is OK.
- 4 Dulcolax (bisacodyl) 5mg tablets
- 64 oz. of clear liquids (Gatorade, G2, Gatorade Ice, Powerade, or Powerade Zero) to mix the Miralax in. No red liquids.
- Two 10oz bottles Magnesium Citrate

\*If prescribed SuTab by your physician, please follow the instructions on the package insert.

**The Day Before Your Exam:**

1. Clear liquids diet entire day before the procedure.
2. The morning before your exam, mix all 14 doses of Miralax (polyethylene glycol) in 64 oz. of Gatorade, G2, Gatorade Ice, Powerade, or Powerade Zero (not red) in a container and refrigerate. (DO NOT ADD ICE)
3. Water, Propel, Gatorade, and Powerade are the preferred clear liquids. Clear fruit juices: White Grape Juice, White Cranberry Juice, Apple juice (no pulp), Kool-aid (not red) or Pedialyte Clear, chicken or beef broth (must NOT contain noodles, meats, or vegetables.) Soda: Sprite, Ginger Ale, etc. Jell-O and Popsicles (not red). Coffee (no more than one 16oz cup) or tea (without milk or creamer)
4. At 8:00 AM – Take one 10oz bottle of Magnesium Citrate.
5. At 2:00 PM, start drinking your prep. Drink one 8 oz. glass every 15 minutes. Continue doing this until your prep is gone. Do not eat any food after drinking the prep until after the procedure. You may continue clear liquids until midnight.
6. If the prep makes you feel nauseated: SLOW DOWN. Stop drinking it for 1 - 2 hours and then try to take it again. If you feel like you are “cleaned out” (bowel movements are clear liquid), then go ahead and keep the endoscopy appointment the next day.
7. Do your best to complete the prep and go to endoscopy as scheduled.
8. Take 4 Dulcolax (bisacodyl) tablets at 6:00 PM.
9. At 8:00 PM – Take one 10oz bottle of Magnesium Citrate.

**The Day of Your Exam:**

1. DO NOT TAKE YOUR DIABETIC MEDICATIONS THE MORNING OF YOUR PROCEDURE. You may take any heart, blood pressure, or thyroid medications in the early morning with a SIP of water.
2. You must have a driver who is 18 years or older present throughout the procedure. If you do not have a driver with you, you will need to reschedule your appointment. This person must remain in the unit during your entire visit so that they are available for the physician to speak with after the procedure. You will not be discharged unless this person is in the unit. Because your judgment may be impaired after this procedure, you will not be released to take public transportation, a taxicab, or even walk home without another responsible adult.
3. Bring all medications (in their original bottles) to the hospital for your procedure.

**IF YOU TAKE ANY BLOOD THINNERS (ASPIRIN, COUMADIN (WARFARIN), PLAVIX (CLOPIDOGREL), XARELTO (RIVAROXABAN), ELIQUIS (APIXABAN), BRILINTA (TICAGRELOR), ETC.), THEY WILL NEED TO BE STOPPED PRIOR TO THE PROCEDURE. PLEASE CALL DR. NEWMAN OR DR. SHAPIRA’S NURSE AS SOON AS POSSIBLE TO DISCUSS WHEN EACH MEDICINE SHOULD BE STOPPED.** If you must cancel or reschedule your appointment, please call Centralized Scheduling as soon as possible at (334) 528-1215 Option #3. If you have not heard from pre-registration at EAMC by 12:00 PM the day before your procedure, please call (334) 528-4266 to pre-register. If you have any questions or concerns, please call Dr. Shapira’s nurse at 334-528-6655 during normal business hours (Mon-Thurs: 8am – 5pm, Fri: 8am – 12pm).