

**FISHERS DIGESTIVE CARE  
ANIL YAKHMI, M.D.**

**Colonoscopy Prep: Miralax/Gatorade and Magnesium Citrate**

**You Will Need:**

One (1) 238- gram bottle of **Miralax** powder (no prescription needed), 64 oz. of **Gatorade** (not cherry-flavored), four (4) **Dulcolax** tablets and, one (1) 10-oz. bottle of **magnesium citrate** (not cherry-flavored)

**To Do the Day Before the Examination**

Drink only **clear liquids** for breakfast, lunch, and dinner. **Solid foods, milk, and milk products are not allowed.** Clear liquids include the following, **as long as they are not red or purple:**

Strained fruit juices without pulp (apple, white grape, lemonade), water, clear broth or bouillon, coffee or tea (no milk or creamer), Gatorade, carbonated or non-carbonated drinks, Kool-Aid or other flavored drinks, plain Jell-O, and popsicles. Coke and Pepsi are okay.

**MIRALAX/GATORADE MIXTURE:** Start between 6:00 and 7:00 p.m.

1. Mix the 238- gram Miralax bottle in 64 oz. of Gatorade in a pitcher with some ice until the powder is completely dissolved.
2. Drink approximately 8 oz. every 10-15 minutes until the solution is finished.

**DULCOLAX TABLETS:** Take 4 Dulcolax tablets between 7:00 and 8:00 p.m

**MAGNESIUM CITRATE:**

- If you are scheduled for the procedure in the morning, take 10 oz. of magnesium citrate over 1 hour, starting at 10:00 p.m.
- If your procedure is scheduled in the afternoon, take 10 oz. of magnesium citrate over 1 hour, starting at 6:00 a.m. on the day of your procedure.

**Day of the Examination**

- If your procedure is in the morning, drink and eat nothing after midnight.
- If your procedure is in the afternoon, you are allowed clear liquids until 8:00 a.m.

**NOTES:**

- Arrive for the colonoscopy at the scheduled arrival time with a person who can drive you home.
- **Do not take the prep if you believe you may be pregnant.**

If you cannot tolerate the bowel prep or have any questions, please do not hesitate to contact Dr. Yakhmi at (317) 415-9277.