

**IN ADDITION TO YOUR COLONOSCOPY PREPARATION,
You must take an EXTRA LAXATIVE for FIVE (5) DAYS PRIOR**

PICK UP FROM THE PHARMACY:

- Miralax
- ONE (1) bottle of Magnesium Citrate
 - Any CLEAR flavor with NO dye
 - Available over the counter; no prescription needed

FIVE (5) DAYS BEFORE PROCEDURE:

- In the morning, mix 17 grams of Miralax with 8 ounces of water & drink the entire mixture
- Eat as usual

FOUR (4) DAYS BEFORE PROCEDURE:

- In the morning, mix 17 grams of Miralax with 8 ounces of water & drink the entire mixture
- Eat as usual

THREE (3) DAYS BEFORE PROCEDURE:

- In the morning, mix 17 grams of Miralax with 8 ounces of water & drink the entire mixture
- Eat as usual

TWO (2) DAYS BEFORE PROCEDURE:

- Eat as usual
- At 6:00pm, drink ONE (1) bottle of Magnesium Citrate

THE DAY BEFORE YOUR PROCEDURE:

- Begin a clear liquid diet & start your colonoscopy prep attached to this form