



Extended Miralax/Mag Citrate Prep

Tel: 910-362-1011

Extension #4 to re-schedule

Extension #6 questions about prep

The prep is the most important part of your procedure. A good prep greatly increases your doctor's ability to protect you from colon cancer. A poor prep limits your doctor's ability to see your colon. This puts you at risk for undetected cancer and may mean you have to repeat this test in 1 year instead of in 5 to 10 years. Sometimes additional prep is needed the day prior to your procedure to assure a good prep. You can make sure your prep is good by following the recommended diet and by taking every part of the prep as instructed.

Day prior to procedure:

Starting on _____

Clear liquids only – No solid foods

1. At approximately 7:00 am, Mix the 4.1oz bottle of Miralax into the 16oz bottle of Gatorade. Shake solution until Miralax is dissolved. Place Solution in the refrigerator to chill.
2. At approximately 9:00 am, drink the entire 16oz of solution within 30 minutes.

Once this is complete, you will follow the instructions in your Miralax/Mag Citrate Prep pamphlet. You will start this one day prior to the procedure.

These instructions are in addition to the attached pamphlet. Please continue your prep by following the instructions starting behind this paper.