



7566 N La Cholla Blvd Suite B Tucson, AZ 85741

Colonoscopy-Dr Hudson Mag/Miralax Prep

Purchase over the counter:

- 1-10oz bottle of Magnesium Citrate
- 8.3oz bottle of Miralax
- 2 liters(64 oz) of clear liquids listed below.

5 Days Prior to Procedure:

- Begin low residue diet. Acceptable food list attached.

Day Prior to Procedure:

A low residue breakfast is permitted.

After breakfast clear liquids only:

- Water, clear bouillon, broth, tea, & coffee (without milk or cream)
- Crystal Light, Gatorade, & carbonated drinks (including dark colas)
- Apple & White grape juice, Popsicles, & Jell-O
- Do not drink anything: purple, red, or orange in color.

Bowel Prep Instructions:

- 8:00am-10:00am Drink bottle of Magnesium Citrate.
- Additional clear liquids must be consumed for preparation to be effective.
- 12:00 Noon mix Miralax in 64oz. of clear liquid. Drink an 8oz. glass every 20-30 minutes until gone.

Day of the Procedure:

- Driver must be present at check in and is required to stay for procedure duration.
- Patient may use a medical taxi or transportation provided through insurance.
- Bring a list of current medications.
- Take medications for: heart, blood pressure, pain, anxiety, seizure, and thyroid. Do not take diabetic medications.

You may have clear liquids until _____. Nothing by mouth after this time including: water, gum, cough drops, tobacco etc.

Procedure date: _____ Check in time: _____

Note: Should you need to reschedule or cancel your procedure please call our office at 520-742-4139.