



Paul A. Akerman, M.D.
Pedro M. Barros, M.D.
Eric P. Berthiaume, M.D.
William T. Chen, M.D.
John J. Cribb, M.D.
Jason D. Ferreira, M.D.
Angela Fishman, D.O.
Sheldon Lidofsky, M.D.
Peter S. Margolis, M.D.
Philip A. McAndrew, M.D.
Thomas P. McMahon, M.D.
Lisa A. Mueller, M.D.
Ravi V. Nadimpalli, M.D.
Eric. B. Newton, M.D.
Kevin S. Palumbo, M.D.
Theodore C. Palumbo, M.D.
Edward A. Pensa, M.D.
Pranith N. Perera, M.D.
Joseph D. Pianka, M.D.
Thomas E. Sepe, M.D.
Joel S. Spellun, M.D.
Philip M. Trupiano, D.O.

Kathryn Arner, APRN
Martha Feldman, APRN
Bridget Fitzgibbon, APRN
Mary Fortuna-Silva, APRN
Colleen Fullerton, APRN
Virginia Pierce, APRN
Kristin Skelly, APRN
Miguel Zaplano, APRN

Magnesium Citrate and Miralax/Gatorade Same Day Colon Cleansing Regimen

Your procedure **appointment DATE:** _____

Your procedure **appointment TIME:** _____

Arrive at your designated endoscopy center at: _____

PURCHASE the following over-the-counter items several days in advance:

- Citrate of Magnesium, you will need one 10 oz bottle
- Miralax (polyethylene glycol 3350), you will need one 255-gram container/bottle
- Gatorade, you need 64 ounces (NO red/purple color)

The DAY BEFORE the procedure:

- Clear liquid diet all day. Do NOT eat any solid food. **Refer to the “Colonoscopy Instructions” handout for advice regarding this diet and for other important tips.**
- At _____ AM/PM, drink the 1 bottle of Citrate of Magnesium over 30 minutes. Make sure you are near a bathroom because you will need frequent trips to the toilet starting at this time.
- Mix the entire 255-gram bottle of Miralax with the 64 ounces of Gatorade, make sure you mix it well to dissolve all the powder completely. Refrigerate after mixing.
- At _____ AM/PM drink the first half of the mixture (32 ounces). Do not do this all at once, but instead drink approximately one 8 ounce glass every 15 minutes (for a total of 4 glasses). You may slow down depending on how you feel.
- At _____ AM/PM, drink the second half of the mixture (32 ounces). Do not do this all at once, but instead drink approximately one 8 ounce glass every 15 minutes (for a total of 4 glasses). You may slow down or speed up depending on how you feel.
- You may continue to drink clear liquids only until 3 hours prior to your appointment
- Arrive at the endoscopy center at the time indicated above

If you have not been told, ask your doctor’s office what time to take the medications detailed above.