

**MIRALAX/Gatorade SPLIT-DOSE PREPARATION (with Mg Citrate)  
FOR COLONOSCOPY**

**Sripathi Kethu, M.D.**

**READ INSTRUCTIONS CAREFULLY. FAILURE TO COMPLY WILL RESULT IN  
RESCHEDULING THE PROCEDURE. Call our office (972) 238-9696 with any questions.**

**Report To:**

Methodist Richardson Medical Center  
2831 E. President George Bush Hwy  
Richardson, TX 75082. (Ph: 469-204-1000)  
(Go through the double doors under the big blue cross)

Preston Crossing Endoscopy Center  
3500 Preston Rd. Suite: 200  
Plano, TX 75093 (Ph: 972-985-2300)

**Purchase the following (all are available over the counter without a prescription:**

**Magnesium Citrate 10 oz bottle, 4 tablets of Dulcolax (bisacodyl), MiraLAX 238 gm bottle (8.3 oz) and 64 oz bottle of Gatorade. (NOTHING WITH RED DYE).**

**\*\*\* DO NOT TAKE ASPIRIN (Tylenol is okay), IRON PILLS OR BLOOD THINNERS (e.g., Plavix/clopidogrel, Coumadin/warfarin, Aggrenox, Effient, etc.) 5 DAYS PRIOR TO YOUR PROCEDURE unless instructed otherwise. If you are on Brilinta, Pradaxa, Xarelto, stop it 2 days prior \*\*\*.**

**We will get cardiac clearance if necessary.**

**2 DAYS BEFORE THE PROCEDURE: Avoid nuts, seeds, corn, peas, bell peppers, salads in your diet. At 7 PM: Take One 10 oz bottle of Magnesium Citrate.**

**3 DAYS BEFORE THE PROCEDURE: Stop eating nuts, seeds, corn, peas, bell peppers, salads and popcorn.**

**THE DAY BEFORE THE PROCEDURE: Breakfast, Lunch and Dinner: You can have clear liquids only- chicken or beef broth, tea, black coffee, jello, Gatorade, sodas, Kool Aid, hard candy, juices and Popsicles. (Nothing with red dye in it)**

**At 12:00 Noon: Take all (4) Dulcolax (bisacodyl) tablets with water.**

**At 6:00 PM: Mix 238-gram bottle of MiraLAX in 64 Oz of Gatorade. Shake well until MiraLAX is dissolved. The total solution should be approximately 8 glasses. Start with (1) 8oz. glass every 20 minutes **but save 2 glasses (about 16 ounces) for tomorrow morning.****

**THE DAY OF THE PROCEDURE: At 5 AM or 4 hours before you leave home (whichever is earlier) Drink the last 2 glasses (about 16 ounces) of the solution. If you have an early morning procedure, this may require you to wake up very early!**

**Someone you know must drive you home. (No Taxi/Uber or Bus unless accompanied by someone). Bring the list of medications that you take. You can take approved medications at 6:00 AM with few sips of water. You may continue to drink clear liquids only until 4 hours before the procedure. Please leave the valuables at home or with the person accompanying you. You may expect to spend approximately 2-3 hours from the time you check in to the time you leave. After the procedure, you are advised not to return to work, not drink alcohol, not to operate any machinery or not sign any important documents, rest of the day. **Good Luck!!****

For more information, visit **[www.sripathikethumd.com](http://www.sripathikethumd.com)**