



BON SECOURS MEDICAL GROUP

Bon Secours St. Francis Gastroenterology

## **MIRALAX COLONOSCOPY 2 DAY PREPARATION INSTRUCTIONS**

**If you are scheduled at our Downtown Campus:**

**St Francis Hospital Downtown**

1 St. Francis Drive  
Greenville, SC 29601  
864 – 255 - 1135

**If you are scheduled at our Eastside Campus:**

**St Francis Hospital Eastside**

125 Commonwealth Drive, Entrance A  
Greenville, SC 29615  
864 – 675 - 4000

**Items to purchase several days before your procedure:**

1. Dulcolax tablets – (LAXATIVE ONLY – not stool softener)
2. 238 – gram bottle of MiraLAX
3. 64 ounces Gatorade/Crystal Lite/Apple Juice (NO RED, BLUE OR PURPLE IN COLOR)
4. Magnesium Citrate (10 ounce bottle)

**Two days before your procedure:**

1. Clear liquids only the entire day (water, coffee, tea, sprite, 7-up, Jell-O , popsicles, chicken /beef broth, apple juice )
2. NO MILK, CREAMER, OR DAIRY PRODUCTS. NO SOLID FOOD. NO RED, PURPLE OR BLUE DYES.
3. At 5:00 pm take 2 Dulcolax tablets with 16 oz of water
4. At 10:00 pm, drink one 10 oz bottle of Magnesium Citrate
5. Continue clear liquids

**The day before your procedure:**

1. Clear liquids only the entire day ( water, coffee, tea, sprite,7 -up, Jell – O , popsicles, chicken/beef broth, apple juice )
2. 5:00 pm Start drinking MiraLAX solution. Drink 8 oz glass every 30 minutes until gone
3. Take 2 Dulcolax at 5:00 pm with 16 oz glass of water.
4. **NOTHING TO DRINK AFTER MIDNIGHT**