
PREPARING FOR YOUR COLONOSCOPY – MIRALAX

What day is my procedure?

What time is my procedure?

- Arrival time is provided by SPACE COAST ENDOSCOPY CENTER a few days prior to your procedure.
 - o (Please note: if you have questions about your arrival time, please call Space Coast Endoscopy Center directly at 321-504-4440. Dr. Seara’s office does not have knowledge of arrival times for procedures.)

Where do I pick up my prep?

- You will need to purchase **Miralax** and **one 10oz bottle of magnesium citrate**. Both of the items are available over the counter on the laxative aisle. There is no prescription needed for this prep.

Should I stop taking BLOOD THINNERS prior to the procedure?

YES

NO

For ____ days

Should I stop eating ALL fruits and vegetables (unless juiced or in a smoothie)?

YES

NO

For ____ days

When should I start my clear liquid diet?

- Start when you wake up the day before your procedure. You **MUST** remain on CLEAR LIQUIDS ALL DAY!! NO breakfast, lunch, or dinner of ANY kind!!

How/when do I use the Miralax?

- Between 2:00pm and 6:00pm on the day before your procedure, drink one 8oz glass of Miralax every 10-15 minutes until you have had ____ glasses. Drink only one glass at a time. *If you feel nauseous, take a one-hour break from drinking the Miralax.*

How/when do I use the magnesium citrate?

- On the day of your procedure, 5 hours before your scheduled arrival time, drink the entire 10oz bottle of magnesium citrate.

Notes/Additional Instructions
