



7566 N La Cholla Blvd Suite B Tucson, AZ 85741

Colonoscopy: Dr Tsai MagCitrates AM Prep

Purchase over the counter:

- 1-10 oz bottle of magnesium citrate
- 8.3 oz. bottle of Miralax (Generic:Peg 3350)
- 2 liters (64 oz) of clear liquids listed below. Do not use plain water to mix your preparation.

Day Prior to Procedure:

A low residue breakfast is permitted. Acceptable food list attached.

After breakfast clear liquids only:

- Water, clear bouillon or broth.
- Tea, coffee (without milk or cream)
- Crystal Light, Gatorade & Sports Drinks
- 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:

- 12:00 noon drink bottle of magnesium citrate
- 3:00 pm-7:00pm mix bottle of Miralax in 64oz. of clear liquids. Drink an 8oz. glass every 30-40 minutes until gone.
- Additional clear liquids must be consumed for preparation to be effective.

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 current medication list.
- 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

Foods acceptable for low residue breakfast:

Fruit: (Must be peeled)

Apple

Applesauce

Banana

Peach

Pear

Protein:

Bacon

Eggs

Sausage

Meal Replacement Shakes

Carbohydrates:

White toast

White Peeled Potatoes

Plain Cheerios

Low Fiber Cereals

Grits

Hash browns

Pancakes

Waffles

Plain Bagel

Dairy:

Cheese

Milk

Plain Yogurt

Plain Cream Cheese

Sour Cream

Juice:

Vegetable Juices without seeds or pulp