



7566 N La Cholla Blvd Suite B Tucson, AZ 85741

Colonoscopy: Dr Tsai OTC MagCitrates PM 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 preparation.

Day Prior to Procedure:

Breakfast & lunch are permitted. Acceptable food list attached.

After lunch clear liquids only:

- Clear bouillon, broth, tea, & coffee (without milk or cream)
- Crystal Light, Gatorade, & carbonated drinks (including dark colas)
- Apple & White grape juice, Popsicles, & Jell-O
- Do not have anything: purple, red, or orange in color.

Bowel Prep Instructions:

- At 12:00 noon or later drink bottle of magnesium citrate
- Additional clear liquids must be consumed for preparation to be effective.
- 2:00pm-6:00pm mix bottle of Miralax in 64oz. of clear liquid. Drink (5) 8oz. glasses of preparation. One glass every 30-40 minutes until half is completed. Refrigerate remaining preparation overnight.

Day of the Procedure:

- Clear Liquids Only.

Bowel Prep Instructions:

- 5:00 am Drink an 8oz. glass of preparation. One glass every 30-40 minutes until gone.
- 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.
- 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/lunch:

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