

COLONOSCOPY PREPARATION

**PURCHASE: MIRALAX 8.3 oz. (OVER THE COUNTER)
DULCOLAX LAXATIVE (OVER THE COUNTER) – NOT STOOL SOFTENER
GATORADE 64 oz. – DIABETIC PATIENT BUY G2 GATORADE (NO RED, GREEN OR PURPLE)**

**YOU CAN EAT 2 Days BEFORE YOUR COLONOSCOPY: _____
DO NOT HAVE SALAD, BEANS, CORN OR UNCOOKED VEGETABLES**

→ DAY BEFORE YOUR COLONOSCOPY: _____

**FROM THE TIME YOU WAKE UP NO SOLID FOOD THROUGHOUT THE
(ENTIRE) DAY!**

ONLY DRINK THE FOLLOWING CLEAR LIQUIDS

DO NOT HAVE THE FOLLOWING:

CLEAR BOULLION OR BROTH	NO RED, GREEN OR PURPLE LIQUIDS
CLEAR SODA (GINGER ALE, SPRITE, 7UP)	NO MILK OR DAIRY PRODUCTS
CLEAR JUICE (APPLE OR WHITE GRAPE)	NO ORANGE JUICE
JELLO OR POPSICLES (NO RED, GREEN OR PURPLE)	NO PULP, NO HONEY
WATER, BLACK COFFEE/TEA (CAN USE SUGAR)	NO ALCOHOL

MIRALAX & DULCOLAX

- STEP 1** In the morning the day before your procedure combine (64oz.) of Gatorade or G2 Gatorade with Miralax (8.3oz.) into a large pitcher, stir and refrigerate.
- STEP 2** At 4:00 PM - Take 2 Dulcolax tablets with water.
- STEP 3** At 5:00 PM - Take pitcher from refrigerator and stir. Drink an 8oz. glass of mixture every 30 minutes until it's finished.
- STEP 4** At 8:00pm - Take 2 Dulcolax tablets with water. Then drink (4 glasses) of 8oz of water between 8:00pm and 10:00pm.

NOTHING TO DRINK AFTER MIDNIGHT!

THE DAY OF YOUR COLONOSCOPY: _____

Note: It's important to hydrate before you take the prep, while you're taking the prep and after the prep.

- YOU NEED A DRIVER**
- ONLY TAKE HIGH BLOOD PRESSURE MEDICATION (NO DIABETES MEDICATION)**