

## COLONOSCOPY BOWEL PREP INSTRUCTIONS



**PURCHASE** these over-the-counter items:

1. **GATORADE** (two 28-oz. bottles- **NO RED OR PURPLE**) or 64-oz. of lemonade or other clear liquid.
2. **DULCOLAX** 5 mg tablets (4 tablets)
3. **MIRALAX** 8.3 oz. bottle (239 grams)



**DAY BEFORE** your colonoscopy:

- Begin a clear liquid diet for the whole day  
CLEAR LIQUID DIET EXAMPLES: water, clear fruit juices such as apple or white grape juice, chicken or beef broth, Jell-o (no red or orange Jell-o), Gatorade, soft drinks, coffee or tea **WITHOUT** cream, or hard candies. **NO MILK OR MILK PRODUCTS & NO ORANGE JUICE.**
- 10 am- Take 2 DULCOLAX tablets
- 12 noon- Mix one half of the bottle of MIRALAX into one of the 28 oz. bottles of Gatorade and the other half of the MIRALAX into the second 28 oz. bottle of Gatorade. DRINK 8 OZ EVERY 45 MINUTES.
- 3 pm- Take 2 DULCOLAX tablets
- Continue to drink plenty of clear liquids until bedtime
- Midnight- nothing to eat or drink after midnight



**DAY OF YOUR COLONOSCOPY**

- **Nothing** to eat or drink
- No medications the morning of your procedure unless instructed by Same Day Surgery. If you are instructed to take a morning medication take it with a sip of water.



**You will need someone to drive you home after your procedure.**