

Preparing for your colonoscopy

The DAY BEFORE your procedure:

- 1** Drink and eat all clear liquids – the more, the better.



- 2** Mix one (8.3 oz.) bottle (238 grams) of MiraLax with 64 oz bottle of Gatorade.



- 3** Drink half of mixture at **7 p.m. the night before.** Please keep drinking liquids.

- 4** Drink other half of mixture **6 hours before** your scheduled appointment.

Drink at:

NOTHING else to eat or drink. You may take meds with small sips of water.

- 5** Your stool will tell you when you are ready.



Dark & murky
Not OK



Brown & murky
Not OK



Dark orange & semi-clear
Not OK



Light orange & mostly-clear
Almost there!



Yellow & clear like urine
YOU'RE READY!

The DAY OF your procedure:



No driving.



No operating machinery.



You have a doctor's note to be a couch potato!