

Preparing for your colonoscopy

The *DAY BEFORE* your procedure:

1

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



2

Mix one (14 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 *the 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!