

# 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 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!