

# Preparing for your colonoscopy

## The *DAY BEFORE* your procedure:

1

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



2

Mix one bottle (238 grams) of MiraLax with 64 oz bottle of Gatorade.



3

Drink *half of mixture at 7 p.m. the night before.*

4

Drink *the other half of mixture 6 hours before your scheduled appointment.*  
**Drink at:**

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 doctor's orders to be a couch potato!