

## PREPARATION FOR COLONOSCOPY

You will need to purchase the following items:

- 4 Dulcolax or bisacodyl tablets (5 mg tablets)
- MiraLAX in large bottle (238 grams)
- 64-ounces bottle of Gatorade or Crystal light (any flavor-not red)

On the day before your test, drink only **clear liquids**. Examples include:

Water	Ginger Ale
Apple Juice	Gatorade
Popsicles	Jell-O Lemon, Orange or Lime
Sprite	Beef or Chicken Bouillon or Broth
7-Up	Crystal Light
Coffee (no milk or cream)	Tea

Follow the directions below:

1:00pm	Take 4 Dulcolax tablets with 1-2 glasses of clear liquids.
2:00pm	Mix the entire bottle of MiraLAX in 64 ounces of Gatorade or Crystal Light. Place in refrigerator.
4:00pm	Begin drinking the MiraLAX mixture. Drink one glass every 10-15 minutes until it is all gone. You should finish it all within two hours.
3 Hours Before Colonoscopy	May have clear liquids up to 3 Hours before Colonoscopy then after that > Nothing else to eat or drink.