



YOU WILL NEED 4 DULCOLAX TABLETS, 1 BOTTLE OF MIRALAX (8.3 OUNCES), 2 BOTTLES OF CLEAR LIQUID

The day before your colonoscopy:

- **No solid food** from now until your procedure is done. Begin a clear liquid diet (see below). Drink at least 8 glasses of water or clear liquids during the day to avoid dehydration.
- **At 12 noon**, take **4 Dulcolax tablets**; mix 64 ounces of **clear liquid (see choices below)** with **8.3 ounces of Miralax** and place in refrigerator (do not add ice)
- **At 6 pm**, drink one **8 ounce glass of Miralax prep** and continue drinking one 8 ounce glass every 15 minutes (32 OUNCES TOTAL)
- Stay near the toilet, you will have diarrhea

You may HAVE:

- GATORADE, CRYSTAL LIGHT LEMONADE, PEDIALYTE, POWERADE
- COFFEE OR TEA (BLACK ONLY, NO CREAM)
- SODA
- FRUIT FLAVORED DRINKS **(NO RED OR PURPLE)**
- APPLE JUICE, WHITE CRANBERRY OR WHITE GRAPE JUICE
- JELLO, POPSICLES
- BROTH

!!! DO NOT DRINK!!!

- ALCOHOL
- MILK OR NON DAIRY CREAMER
- JUICE WITH PULP
- ANY LIQUID YOU CANNOT SEE THROUGH

The day of your colonoscopy:

- **NO** solid foods, broth or Jello
- **At 12 am**, drink **one 8 ounce glass of Miralax prep** and continue drinking one 8 ounce glass every 15 minutes until prep is gone (32 OUNCES TOTAL)
- Take your morning medications with a small amount of water (**unless you have been told otherwise**)
- **4 hours prior to procedure – STOP everything by mouth, including all liquids, smoking, chewing gum**