

RMH Surgical Associates

Colonoscopy Prep

* The goal is for the liquid stool to become nearly as clear as the fluids you have to drink.

Over-the-counter items to purchase for the Prep:

- Clear fluids
- Dulcolax tablet (4 tablets needed)
- 64 oz of yellow/green Gatorade
- Miralax laxative: Either a 238 gram bottle or 14 cap fulls of powder.

The day before the Colonoscopy:

- Clear liquids **ONLY** (anything you can see through) for the whole day
 - Beef, chicken, vegetable broth or bouillon
 - Apple, white grape or white cranberry juice
 - Soda (can be regular or diet) but must be clear, such as 7-Up or Sprite
 - Yellow, green or orange Popsicles or Jello
 - Coffee or Tea (with sweetener but **NO CREAM**)
 - Drink **AT LEAST** 8 oz every hour during the waking part of your day
 - Between **2 pm and 4 pm**, take 4 Dulcolax tablets by mouth. Continue drinking 8 oz of fluid every hour.
 - Starting between **4 pm and 6 pm**, mix Miralax with Gatorade and drink all 64 oz before midnight.
- * You **MUST** have a driver the day of the colonoscopy.
- * **NO FOOD** or **DRINK** after midnight.