



# One-day Colonoscopy Prep Instructions

- Drink plenty of clear liquids like water, tea, coffee, soda, clear fruit juices, bouillon, Jell-O and Gatorade. *Nothing red, please.*
- NO SOLID FOODS, NO MILK PRODUCTS OR NON-DAIRY CREAMERS, NO ALCOHOLIC BEVERAGES.
- Sometime between 12 p.m. (noon) and 6 p.m., take two Dulcolax laxative (Bisacodyl) 5 mg. tablets.
- 4 hours after you take the Dulcolax tablets, consume 238 grams of MiraLax mixed with 64 oz. of Gatorade. Try to consume 8 ounces every 15 minutes until entire amount is finished
- At bedtime, take two Gas-X 125 mg yellow chewable tablets.
- You may continue to drink clear liquids until midnight.

Plan to allow 2-3 hours for the procedure. You **MUST** have someone drive you home after the procedure.

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