

## Gatorade Colonoscopy Prep

**\*\*Start prep day before procedure\*\***

**\*\*You are on a clear liquid diet the entire day prior to your colonoscopy. NO  
SOLID FOODS!\*\***

The following are okay to have throughout the day: Water, Tea, Coffee (no dairy or creamer), apple juice, white grape juice, white cranberry juice, Vitamin waters, Jell-O (yellow or green only), broth (chicken or beef), clear soda like ginger ale, sprite or 7up.

**NOTHING RED, BLUE, ORANGE OR PURPLE IN COLOR.**

### **Instructions on mixing and taking your prep:**

\*At 12:00 NOON mix Gatorade and entire bottle of MiraLAX. Take two Dulcolax tablets and start drinking Gatorade mix. Drink an 8 oz glass every 15-30 minutes until mixture is gone.

\*At 4:00 pm take two more Dulcolax tablets.

\*Remain on clear liquid diet the remainder of the day. Nothing to eat or drink after Midnight.

\*Please remember to drink plenty of water through out the day to keep from getting dehydrated.

### **SHOPPING LIST**

\*Two 32oz bottles of Gatorade, you will need 64 Oz's total.

\*Dulcolax tablets, you will need a total of 4

\*One 238-gram bottle of MiraLAX

**\*\* REMEMBER TO FOLLOW THESE INSTRUCTIONS AND TO REMAIN ON CLEAR LIQUIDS THE ENTIRE DAY PRIOR TO YOUR EXAM. EATING SOLID FOODS COULD RESULT IN STOOL REMAINING IN YOUR COLON EVEN AFTER THE PREP. IF THERE IS STILL STOOL IN YOUR COLON, YOUR EXAM MAY NEED TO BE CANCELED OR REDONE SOONER THAN IT WOULD HAVE BEEN IF THE PREP WERE COMPLETE. \*\***