One week before your colonoscopy begin a low fiber diet.

**Two days before your colonoscopy:**

Begin a Clear liquid diet only ALL DAY-See attached list. NO ALCOHOL

Drink an extra 8 ounces of clear liquid every hour from 8:00am until midnight. Gatorade is preferred.

**7:00 pm**
Mix ½ of the MiraLax 238 gram bottle in EACH 32 ounce Gatorade bottle until dissolved and keep each bottle cold in the refrigerator.

**8:00 pm**
Take 4 Dulcolax tablets with water and continue clear liquids.

**9:00 pm**
Begin drinking the third bottle of Gatorade/MiraLax solution at a rate of 8 ounces every 15-30 minutes (over 1-2 hours) until the third bottle is gone.

You are encouraged to continue drinking clear liquids until you go to bed.

**The day of your colonoscopy:**

NO SOLID FOOD
NO ALCOHOL

You may take your morning medications.

**4-5 hours before the time your procedure is scheduled:**

Take the fourth 32 oz. bottle of Gatorade/MiraLax solution at a rate of 8 ounces every 15-30 minutes (over 1-2 hours) until the fourth bottle is gone.

**3 hours prior to the procedure stop drinking and do not have anything else by mouth, until after your procedure.**

After the procedure you may eat your usual diet unless otherwise instructed. Drink 8 ounces of liquid at least 6 times after the procedure and before retiring for the night.

You will need the following supplies:

- **4 Gatorade 32 oz. bottles**
- **8 Dulcolax Tablets**
- **2 MiraLax 238 gm bottles**
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