

## 2 DAY PREPARATION

### Purchase (Over the Counter):

- Dulcolax Tablets  
(bisacodyl 5 mg)
- MiraLax bottle (119g)
- Gatorade (32 oz.) \*or  
Crystal Light

### 2 Days Before Colonoscopy:

Clear Liquids **ONLY**

**NO solid food, red or purple liquids of any kind, dairy products of any kind, or citrus products of any kind.**

At 4:00 PM:

1. Take 3 Dulcolax Tablets
2. Drink MiraLax Solution

### 1 Day Before Colonoscopy:

**CONTINUE** Clear Liquid Diet

Follow instructions for additional Bowel Prep (Clenpiq, Plenvu, Sutab, Suprep, etc.)

<b>2 Days Before Procedure</b>	1. Clear liquid diet all day
	2. At 4 pm, take 3 Dulcolax Tablets (bisacodyl 5 mg)
	3. Mix a (119 g) bottle of MiraLax with a (32 oz.) bottle of Gatorade (or Crystal Light). 4. Stir until powder is dissolved 5. Drink 8 oz. of solution every 10-15 minutes until solution is gone
<b>1 Day Before Procedure</b>	1. Clear liquid diet all day
	2. Follow instructions for bowel prep (Clenpiq, Plenvu, Suprep, Sutab)

**Stop liquids 3 hours before arrival time**