

Items needed to complete your prep:

4 Dulcolax Laxative tablets (5mg), 1 Chewable or 1 Gel tab Gas-x, GoLYTELY® (Prescription)



Upon waking up in the morning (the day prior to your colonoscopy), you will start a clear liquids diet.

No solid food.

One day BEFORE Colonoscopy	Immediately upon waking up	<ul style="list-style-type: none"> Upon waking up in the morning, you will start a clear liquids diet. Drink at least 8-10 large glasses of water or clear liquids during the day to avoid dehydration.
	3:00pm	<ul style="list-style-type: none"> Take two (2) Dulcolax Laxative tablets and one (1) chewable Gas-x Continue clear liquids
	4:00pm	<ul style="list-style-type: none"> Drink 3 liters of preparation, one 8oz glass every 15 minutes.
The day of your procedure	Four hours prior to your procedure	<ul style="list-style-type: none"> Take an additional (2) Dulcolax Laxative tablets and drink the last liter of preparation by drinking one 8oz glass every 15 minutes (you should be done drinking the prep at least 2 hours prior to your scheduled procedures time) <p>**DO NOT eat or drink anything the day of your procedure, except for the preparation.</p>

****YOU MUST STOP ALL CLEAR LIQUIDS AFTER YOU COMPLETE YOUR PREP ****

Clear liquid diet list:

- Gatorade, Powerade, Pedialyte, Smart Water
- Broth or Bouillon (no noodles, meat, or vegetables)
- Coffee or Tea (no milk or creamer)
- Carbonated or Non-Carbonated soft drinks
- Kool-Aid or Fruit Flavored Drinks (**no red or purple**)
- Jell-O or popsicles (**no red or purple**)

**Please avoid:* Alcohol, dairy products, noodles or vegetables in soup, and liquids you CANNOT see through.