



Hillsdale Surgical Group
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Two-day Colonoscopy Prep

Purchase: 64 oz bottle of Gatorade and a 32 oz bottle of Gatorade (can substitute with Propel instead of Gatorade) Any color except for red or purple.

MiraLAX- 238-gram bottle and 119-gram bottle (can be purchased over the counter)
Six (6) 5 mg Dulcolax tablets

IT IS IMPORTANT TO DRINK PLENTY OF LIQUIDS ALL DAY TO PREVENT DEHYDRATION

_____ Day 1: All liquid diet the entire day. No solid foods. You may have: tea, coffee, Jello, juices without pulp, bouillon, Italian ice, slushies, and soda. **No red or purple colored Jello or liquids. No fruit pieces in the Jello. No cream or milk products.**

Mix MiraLAX 119 gram with 32 oz Gatorade or propel
At 2:00 PM- take 2 Dulcolax laxative tablets.

Between 4:00-6:00 PM, drink 1- 8oz glass of MiraLAX mixture every 30 minutes until finished.
Continue on clear liquids the rest of the evening.

_____ Day before colonoscopy: You must be on a clear liquid diet for the entire day. No solid foods. You may have: tea, coffee, Jello, juices without pulp, bouillon, Italian ice, slushies, and soda. **No red or purple colored Jello or liquids. No fruit pieces in the Jello. No cream or milk products.**

Mix MiraLAX 238 gram with 64 oz Gatorade or propel
At 2:00 PM- take 4 Dulcolax laxative tablets.
Around 4:00 PM, drink 1- 8oz glass of MiraLAX mixture every 30 minutes until finished.

Continue on clear liquids until midnight, then nothing by mouth until after scope.

_____ Day of colonoscopy: You may not have any hard candy or chewing gum the morning of your procedure. This will delay your procedure. All medications should be taken (unless otherwise stated on instructions) with sip of water at least 2 hours prior to the exam.