



**NORTH
TEXAS
GASTROENTEROLOGY
ASSOCIATES**

Gatorade Colonoscopy Prep

You will need:

1. Dulcolax 5mg tablets
2. Miralax/generic Miralax (polyethylene glycol 3350) 238 grams/8.3oz bottle
3. Any flavor of **CLEAR** Gatorade (64oz)

5 days before colonoscopy:

Avoid corn, nuts, greens, and seeds

1 day before colonoscopy:

- Clear liquid diet (See clear liquid diet list)
- No red or purple dyes, milks, creams, or pulps

The day before colonoscopy:

At Noon: Take 4 tablets of Dulcolax

At 5pm: Mix the ENTIRE bottle of Miralax into the 64oz of Gatorade.

Shake the solution until fully dissolved. You will need to drink half (32oz) of the solution from **5pm-7pm**

Drink the other half of the solution from **8pm-10pm**

NOTHING TO EAT OR DRINK AFTER MIDNIGHT