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### **Virtual Colonoscopy Preparation Instructions**

***Please purchase these over the counter laxatives:***

1. Miralax Bottle 238gms
2. Gatorade (lemonade or other clear Gatorade) two 32 oz. bottles
3. Docolax 5mg tablets 4 tablets

***The day before your virtual colonoscopy:***

1. Clear liquids only
2. Absolutely no solid food

Examples of clear liquids: water, clear fruit juices such as apple or white grape, chicken or beef bouillon broth, jello (no red or grape), clear soft drinks, coffee without cream or sugar.

No milk or milk products.

No orange juice.

**Prep Instructions:**

**3pm** Take 2 docolax tablets

**5pm** Mix half the bottle of Miralax into each of the 32 oz bottle of Gatorade. Shake the solution until fully dissolved. Drink an 8 oz glass every 30 minutes until the solution is gone.

**7pm** Take the last 2 docolax tablets