

CLEAR LIQUIDS (NO ALCOHOL): *Do not drink any liquid that is RED*

- Water
- Clear juices (apple, white grape juice, orange drink, white cranberry juice)
- Black coffee or tea (no creamers) sugar OK
- Bouillon or clear broth
- Soda pop, Gatorade (no red)
- Jell-o (no red), popsicles (no red), Lemon Ice

BOWEL PREP TABLETS: (any of these brands)

- *These are the PILLS to take at the start of your bowel prep*
- Bisacodyl (Generic)
- Dulcolax
- Dulcogen
- Alophen
- Bisco-lax
- Carters Little Pills
- Colax
- Fleet Bisacodyl
- Modane

DO NOT USE STOOL SOFTENERS

RE-HYDRATION (SPORT) DRINKS: Two 32 oz bottles *NO RED DRINKS*

- *This is the liquid used to mix with the powder (below)*
- Powerade (contains less sugar than Gatorade)
- Powerade zero (even less sugar, best for diabetics)
- G2 (same amount of electrolytes as Gatorade, just less calories)
- W-sport drink (Wegmans brand)
- AllSport
- HyrdaLife powder
- Gatorade

BOWEL PREP POWDER

- *This is the powder to mix with the liquid (above)*
- Glycolax
- PureLax
- ClearLax
- Miralax

HELPFUL SUGGESTIONS:

- No red drinks
- Wear socks
- Diabetics use Powerade Zero
- Chilling the solution may taste better but may cause you to feel uncomfortably cold. So dress warmly, and you may add hot drinks (tea, broth)

