

## Shopping List: Colonoscopy Prep

### Necessary items

- MiraLAX, one bottle (238 grams)
- Bisacodyl (Dulcolax), four tablets
- Clear liquid (two 64-ounce bottles)
  - Suggestions: Gatorade (Gatorade G2 if you need low sugar), apple juice



### Suggested items

#### Soups

- Clear broth, bouillon, consommé
- Avoid:** soup with particles of food, cream soups



#### Sweets

- Gelatin, such as Jell-O®
- Flavored ices
- Hard candies, such as Life Savers®
- Avoid:** red, purple, and blue sweets



#### Drinks

- Clear fruit juices, such as apple, white cranberry, lemonade, or white grape
- Soda, i.e. ginger ale, or seltzer
- Gatorade® Powerade®
- Black coffee
- Tea
- Water
- Avoid:** juiced with pulp, nectars, milk or cream, alcohol, red/purple/blue drinks



Remember to refer to the full instructions on how to prepare for your colonoscopy! If you do not have the instructions, or have any additional questions, please call our office between the hours of 8AM-5PM at (508) 334-9185.