

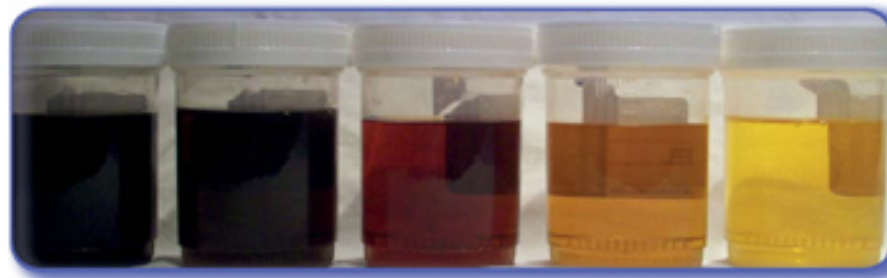
## Why is it Important To Get Cleaned Inside?

Your doctor must be able to see well in order to do the test properly. **If it is dirty** on the inside, your doctor may not be able to see important things, like polyps or cancer, and may even have to do the test again. That would mean you would have to start your prep over, and nobody wants that! So these tips should help you make this "one and done."

## Is My Prep Working?

### How do I know when my bowel prep is complete?

The stool coming out should be clear, without many particles. You know you're done when the stool coming out is yellow, light, liquid, and clear—like urine. Below is a guide to help:



Dark brown  
& murky:  
**NOT OK**

Dark orange  
& semi-clear:  
**NOT OK**

Light Orange  
& mostly clear:  
**ALMOST  
THERE!**

Clear Yellow  
like urine:  
**YOU ARE  
READY!!!**

## What is a "Clear Liquid"?

As you get ready for your colonoscopy, you must only drink clear liquids. A liquid is considered "clear" if you can read something through it. Use this simple test to figure out what you can drink and what you cannot drink:



This is orange juice. Orange juice is not clear because you can't read the newspaper through it. **Don't drink this.**



This is pineapple juice. It's also not clear. **Don't drink this.**



This is apple juice. Apple juice is "clear" because you can read the newspaper through it. You **can** drink this.

## What drinks are ok?

All of the following drinks are allowed but **CLEAR SPORTS DRINKS ARE HIGHLY ADVISED** since they help replenish the electrolytes your body loses during the bowel prep process. Do not drink liquids that contain red dyes.



**OK**  
Clear Sports Drinks  
with Electrolytes



**OK**  
Water



**OK**  
Soda and Ginger Ale



**OK**  
Tea



**OK**  
Black Coffee  
(No Cream or Milk)



**NO SOLID FOODS!!!**