

Please buy the following for your colonoscopy prep

*prices are approximate and subject to change

1. Choose one of the following: You need 238 grams/8.3 ounces

\$12.98 at Wal-Mart



\$8.98 at Wal-Mart



\$8.75 at Dollar General



2. Choose a liquid to mix the above powder with.

You will need 64 ounces. It cannot be red or purple. Below are some examples

Gatorade



Water



Propel



Tea



Lemonade



Coca-Cola



3. Choose one of the following: You will need a maximum of 4 pills

\$7.56 at Wal-Mart



\$4.98 at Wal-Mart



\$2.00 at Dollar General



4. Pour the whole container of laxative powder along with 64 ounces of your preferred liquid into a pitcher and stir.