

Stool (Poop) Prep

Cleaning your colon before a colonoscopy is key. It lets the doctor see inside clearly. If your colon isn't clean, the doctor might miss something important.

How to know your Prep is working:

You can keep track of your progress by looking at the color and texture of your poop. At first, it'll look like usual. But after taking the cleansing solution, it will change and should eventually be clear or light yellow, like urine (pee).



Dark and
murky

**KEEP
DRINKING**



Brown and
murky

**KEEP
DRINKING**



Dark orange
and semi-clear

**KEEP
DRINKING**



Light orange
and clear

**ALMOST
THERE**



Yellow and clear,
like urine

**YOU'RE
READY!**

If it's not clear, follow your doctor's advice or call them. It's all about making sure your test is as good as it can be.