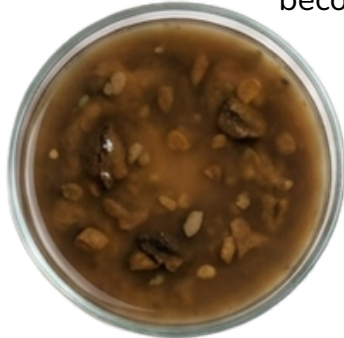


# HOW DO I KNOW I'M READY?

## Bowel Clarity Quick Guide

As your bowel prep works, what you see in the toilet should gradually become lighter and clearer.



### Not ready

**Brown and cloudy** with solid particles  
*Keep drinking your bowel prep.*



### Getting there

**Orange-brown** with small particles.  
*This is a normal stage.*



### Almost ready

**Light yellow** with a few tiny particles.  
*You're getting close.*



### You're ready

**Very pale yellow, transparent,** with no solid particles.  
*You're ready for your procedure.*

 Aim for clear, light yellow liquid with no visible solid particles before you leave for hospital.

 Still unsure?

*If you're still passing brown stool or solid particles close to your procedure, contact your hospital for advice.*