

Naperville Gastroenterology

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Patient Instructions for Preparation for Colonoscopy (for afternoon procedures)

Needed ingredients:

Magnesium Citrate, two bottles. (**Buy this over the counter**)
4 cans of either lemon-lime soda or ginger-ale(diet or regular soda alright)

On the day before the test:

Only eat clear liquids for meals.

At 4 to 5 PM - take one bottle of Magnesium Citrate and two 12 ounce servings of a clear liquid.

Finish drinking all liquids in 2 hours.

On the day of the test:

Clear liquids before 8 AM.

At 8 AM take one bottle of Magnesium Citrate and two 12 ounce servings of a clear liquid

No further liquids till after procedure.

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CLEAR LIQUID DIET

These items are allowed

- Water
- Clear broth: beef or chicken
- Juices
 - Apple juice or cider
 - Pulp free orange juice
 - Prune juice
 - Tang
 - Lemonade
 - Kool-Aid
 - Grape juice
- Clear Sodas (7-up, Sprite, Sierra Mist, etc.)
- Tea (no cream)
- Coffee (no cream)
- Gelatin (without fruit) (no red gelatins)
- Popsicle (without fruit or cream)
- Italian ices

These items are NOT allowed

- Milk
- Cream
- Milkshakes
- Tomato juice
- Orange juice (with pulp)
- Cream soups
- Any soups other than the listed broth
- Oatmeal
- cream of Wheat