Patient Instructions for Preparation for Colonoscopy
(for AM Procedures)

Needed ingredients:

Magnesium Citrate, 2 bottles. (Buy this over the counter)
4 cans of either lemon-lime soda or ginger-ale

On the day before the test:

Begin your clear liquid diet first thing in the morning. You are to have ONLY clear liquids the entire day. (See Clear Liquid Diet)

At 4 to 5 PM - take one bottle of Magnesium Citrate and follow with two 12 ounce servings of a clear liquid. Drink the magnesium citrate quickly and follow with 2 cans of soda. Finish the two cans of soda within an hour.

At 8 pm - take another bottle of Magnesium Citrate and two 12 ounce servings of soda the same was as the earlier dose.

Continue clear liquid diet for the rest of the evening.

NO FOOD OR DRINK AFTER MIDNIGHT
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