

# BOWEL PREPARATION INSTRUCTIONS

## Diet Instructions

### Light Breakfast

Breakfast may include any of the following items:

- One boiled or poached egg
- White toast – no butter
- One cup of black coffee, tea or water

## Clear Liquids Diet List

Do not drink or eat anything colored red or purple.

### Beverages:

- Gatorade® or Kool-Aid®
- Strained fruit juices without pulp (apple, white grape, lemonade, etc.)
- Water, tea or coffee (no milk or non-dairy creamer)

### Soups: lunch/dinner

- Low sodium chicken or beef bouillon/broth

### Desserts:

- Hard candies
- Jell-O® (lemon, lime or orange; no fruit or toppings)
- Popsicles® (no sherbets or fruit bars)

- Low fiber 3 days before (discontinue fiber supplement)
- No aspirin for 7 days
- No alcohol for 7 days
- No ibuprofen for 4 days prior
- No anticoagulants such as Coumadin for 5 days. Talk to your doctor
- No arthritic medications for 5 days
- Have someone take you and bring you home
- No medications the day of the test until after the test unless your doctor instructs otherwise. May take blood pressure pills as per regular schedule
- Avoid iron supplements or multivitamins one week prior
- Let us know if you have anything artificial in your body (hips, knees, pins), rheumatic heart disease, heart murmur, mitral valve prolapse or repair
- Check with your insurance company to confirm coverage

## APPOINTMENT INFORMATION

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Location: \_\_\_\_\_

Phone: \_\_\_\_\_

# BOWEL PREPARATION INSTRUCTIONS

READ CAREFULLY. DO NOT EXCEED RECOMMENDED DOSAGE AS SERIOUS SIDE EFFECTS MAY OCCUR. (SEE PACKAGE FOR OTHER IMPORTANT WARNINGS.)

**\* Purchase 3 bottles of Magnesium Citrate (Any flavor, not red or purple, CLEAR color only!). You may purchase over the counter at any pharmacy.**

## Day Before Exam

**Breakfast**

Have a *Light Breakfast*  
(See "Diet Instructions" on back)

**Morning**

It's very important to drink all the *Clear Liquids* you can. (See "Clear Liquids Diet List" on back).  
Drink at least 4 glasses of water (8 oz. each).

**Lunch**

Low sodium chicken or beef broth.  
Do Not add anything to the broth.

**Afternoon**

Drink all the *Clear Liquids you can*. Drink at least 4 glasses of water (8 oz. each).

**4:00 PM**

First bottle of Magnesium Citrate followed by 3 glasses of water (8 oz. each)

**Dinner**

Low sodium chicken or beef broth.  
Do Not add anything to the broth.

**7:00 PM**

Second bottle of Magnesium Citrate followed by 3 glasses of water (8 oz. each)

**Evening**

Drink at least 3 more glasses (8 oz. each) of *Clear Liquids* (after this you may drink all the *Clear Liquids* you desire until midnight).  
**Nothing to drink after midnight.** With the exception of instructions under day of exam.

## Day of Exam

**3 Hours Prior to Going to the Hospital**

Third bottle of Magnesium Citrate followed by 3 glasses of water (8 oz. each)

Note: A hospital nurse will call you on \_\_\_\_\_ to inform you of the check-in time on the day of your procedure/surgery.

On the day of your exam, please inform the hospital nursing staff if your bowel movement contents **are not clear.**