

# Naperville Gastroenterology

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## 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**

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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