

## 2 DAY COLON PILL PREP

The best possible examination requires that the colon be completely empty of stool. Residual stool in the colon may make the visual exam or removal of polyps impossible. Therefore, it is imperative that you follow the diet and laxative instructions that are detailed below.

### 2 DAYS BEFORE THE PROCEDURE:

1. After a light lunch on \_\_\_\_\_, you begin a **FULL LIQUID DIET**, which includes: water, coffee and tea, soups, pudding, jell-o, non-red, orange, or purple soda and ice cream. **NO LIQUIDS CONTAINING RED, ORANGE, OR PURPLE DYE. NO SOLID FOODS.**
2. At lunchtime: take **2** of the tablets with a liter (one quart) of liquid.
3. **CONTINUE A FULL LIQUID DIET ALL AFTERNOON. (6 TO 8 OZ EVERY 30 MINUTES)**
4. At suppertime: take **3** of the tablets with a liter (one quart) of liquid. Insert **1** of the suppositories into your rectum.
5. **CONTINUE A FULL LIQUID DIET ALL EVENING UNTIL BEDTIME. (6 TO 8 OZ EVERY 30 MINUTES)**

### ON THE DAY BEFORE THE PROCEDURE:

1. You are to go on a **CLEAR LIQUID DIET** all day. This includes: Water, Coffee and Tea (No Milk or Cream added), Non-red, orange, or purple soda, Apple, Cranberry or Grape Juices, Broth, Bouillon, Non-Red, Orange, or Purple Jell-o and Popsicles. **NO LIQUIDS CONTAINING RED, ORANGE, OR PURPLE DYE.**
2. At **8:00 a.m.**: take **3** tablets with a liter (one quart) of liquid. Insert **1** of the suppositories into your rectum.
3. **CONTINUE TO DRINK PLENTY OF CLEAR LIQUIDS ALL MORNING. (6 TO 8 OZ EVERY 30 MINUTES)**
4. At lunchtime: take **2** of the tablets with a liter (one quart) of liquid.
5. **CONTINUE TO DRINK PLENTY OF CLEAR LIQUIDS ALL AFTERNOON. (6 TO 8 OZ EVERY 30 MINUTES)**
6. At **2:00 p.m.** drink **1** bottle of non-red **Magnesium Citrate**.
7. **CONTINUE TO DRINK PLENTY OF CLEAR LIQUIDS ALL AFTERNOON. (6 TO 8 OZ EVERY 30 MINUTES)**
8. At suppertime: take **3** of the tablets with a liter (one quart) of liquid. Insert **1** of the suppositories into your rectum.
9. **CONTINUE TO DRINK PLENTY OF CLEAR LIQUIDS ALL EVENING UNTIL BEDTIME. (6 TO 8 OZ EVERY 30 MINUTES)**

### ON THE DAY OF THE EXAM:

1. At \_\_\_\_\_ a.m.: take the last **3** tablets with a liter (one quart) of liquid, insert the **last** suppository into your rectum and drink 1 bottle of non-red **Magnesium Citrate**.
2. **CONTINUE TO DRINK CLEAR LIQUIDS UP UNTIL 2 HOURS BEFORE THE START OF YOUR PROCEDURE.**
3. Take any heart or blood pressure medications that you normally take in the morning with your last drink of liquid. If you have any questions about which medications to take please call the office at (309) 451-1123.
4. **DISCONTINUE DRINKING ALL LIQUIDS AT \_\_\_\_\_ a.m. / p.m.**