

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.

ON THE DAY BEFORE THE PROCEDURE:

1. After a light lunch on _____, you begin a **CLEAR LIQUID DIET**, which includes: Water, Coffee and Tea (No Milk or Cream added), soda pop, 100% Apple, Cranberry or Grape Juices, Broth, Bouillon, Jello and Popsicles. **NO DAIRY. NOTHING CONTAINING RED, ORANGE, OR PURPLE ARTIFICIAL DYE.**
2. At lunchtime: take **2** of the tablets with one liter (one quart) of clear liquid and drink **1 (one)** 10 ounce bottle of **Magnesium Citrate**.
3. **CONTINUE TO DRINK PLENTY OF CLEAR LIQUIDS ALL AFTERNOON. (6 TO 8 OZ EVERY 30 MINUTES)**
4. At suppertime: take **3** of the tablets with one liter (one quart) of clear liquid. Insert **1 (one)** of the suppositories into your rectum.
5. **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.(3-4 hours before the start of your procedure): take the last **3** tablets with one liter (one quart) of liquid and insert the **last** suppository into your rectum. **Drink one bottle of magnesium citrate** (you may purchase at any pharmacy without a prescription).
2. **CONTINUE TO DRINK CLEAR LIQUIDS UP UNTIL 2 HOURS BEFORE THE START OF YOUR PROCEDURE.**

STOP DRINKING AT: _____

3. Take any **heart** or **blood pressure** medications that you normally take in the morning with your last drink of liquid. If you are taking medications for **diabetes**, please follow instructions given to you by our office. If you have any questions about which medications to take please call the office at (309) 451-1123