

## **GI\_DE 7 Day Prep Instructions**

### **SPECIAL – 7 DAY PREP INSTRUCTIONS FOR COLONOSCOPY**

7 DAYS BEFORE COLONOSCOPY

2 TBSPS MILK OF MAGNESIA, CONTINUE TWICE A DAY

UNTIL 2 DAYS PRIOR TO YOUR COLONOSCOPY

2 DAYS BEFORE COLONOSCOPY

1 BOTTLE MAGNESIUM CITRATE

DAY BEFORE COLONOSCOPY

MOVIPREP – AS DIRECTED

REMEMBER: STOP IRON 5 DAYS PRIOR TO PROCEDURE

Diet:

Four days prior to your procedure:

Avoid eating seeds, nuts, corn, and any other form of roughage (lettuce, vegetables, bran cereals, etc.) or fiber.

DO NOT TAKE METAMUCIL or CITRUCEL

Clear Liquids:

It is important that large volumes of clear liquids be consumed the day before your procedure up to midnight to avoid dehydration.

Do not eat or drink after midnight before the procedure, except for the liquid required for your bowel preparation. You may use a topical ointment such as Preparation H or Anusol to avoid Irritation.

BREAKFAST DAY BEFORE PROCEDURE

May include any of the following items:

One boiled or poached egg or small portion of skinless chicken, turkey,  
or fish.

White toast, NO BUTTER

One 8oz. can of Ensure, Do not take Ensure Plus.

Any clear liquid examples are:

Soft drinks, Ginger Ale, Sprite, 7 Up, Gatorade, and Kool-Aid

NO RED OR PURPLE DYES.

Strained fruit juice without pulp, apple juice, white grape juice, lemonade.

Water, Tea, or Coffee

Sweeteners are permissible.

NO MILK OR NON-DAIRY CREAMER

Soups, low sodium chicken or beef bouillon/broth.

Desserts, hard candies Jell-O (lemon or lime)

NO FRUIT TOPPINGS

Popsicles

NO SHERBETS OR FRUIT BARS

LUNCH DAY BEFORE PROCEDURE

You may drink all of the clear liquids you would like. No solid food until after your

Colonoscopy is performed.

#### DINNER DAY BEFORE PROCEDURE

You may drink all of the clear liquids you would like. No solid food until after your

Colonoscopy is performed.