



DESERT GASTROENTEROLOGY CONSULTANTS
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Two-Day Colonoscopy Prep

Day One-_____

***You must obtain one (1) 10-bottle of Magnesium Citrate. This can be purchased over the counter at your pharmacy.

7:00 am- Begin your clear liquid diet.

9-11:00 am- Drink 16oz clear liquid of choice

12:00 noon- Drink one (1) cup of clear broth
Eat one serving of plain Jell-O (no red or purple)
Drink 4oz of clear juice.

1-3:00 pm- Drink at least 20oz of clear liquids- more if desired to remain hydrated.

6:00 pm- Drink entire contents of one (1) 10oz bottle of Magnesium Citrate
(tastes better if chilled.)

6:00 pm-Midnight - You may consume as much clear liquids as you like.

Day Two-_____

Prep - _____

Follow the Prep Instructions given to you for day 2.

CLEAR LIQUID DIET

THIS DIET PROVIDES FLUIDS THAT LEAVE LITTLE RESIDUE AND ARE EASILY ABSORBED WITH MINIMAL DIGESTIVE ACTIVITY. THIS DIET IS INADEQUATE IN ALL ESSENTIAL NUTRIENTS AND IS RECOMMENDED ONLY IF CLEAR LIQUIDS ARE TEMPORARILY NEEDED. **NO RED OR PURPLE LIQUIDS SHOULD BE CONSUMED!!!**

CLEAR LIQUIDS ALLOWED:

- ✓ WATER
- ✓ TEA (DECAFFINATED OR REGULAR)
- ✓ CARBONATED BEVERAGES (COKE, DIET COKE, PEPSI, DR. PEPPER, SPRITE, ETC.)
- ✓ GATORADE (NO RED OR PURPLE)
- ✓ CLEAR FRUIT JUICES (APPLE, WHITE GRAPE, WHITE CRANBERRY, LEMONADE)
- ✓ CLEAR BEEF OR CHICKEN BROTH, CONSOMME
- ✓ COFFEE (NO CREAM OR MILK) – YOU MAY ADD SUGAR OR SUGAR SUBSTITUTE
- ✓ CLEAR HARD CANDY
- ✓ JELL-O (NO RED, PURPLE, DO NOT ADD FRUIT)
- ✓ POPSICLES (NO RED, PURPLE, NO ADDED FRUIT)

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