

GI Procedure Prep

Two Days Before Your Procedure

Please read directions carefully as inadequate preparation could result in repeat procedures, reduced ability to detect polyps or possibly having to reschedule your procedure.

SUPPLIES YOU NEED TO PURCHASE:

These items DO NOT require a prescription and can be purchased at any pharmacy and most grocery stores.

- 2 (10 ounce) bottles of Magnesium Citrate available over the counter

DRINK ONLY CLEAR LIQUIDS ALL DAY FOR 2 DAYS BEFORE YOUR PROCEDURE. NO SOLID FOOD.

It is important to prepare your body with plenty of clear liquids before the prep. The explanation of a clear liquid diet is anything you can see through if held up to a light.

The following clear liquids are approved for you to drink in preparation for your upcoming procedure:

- Water, black coffee or tea (*no cream or artificial cream*)
- Strained fruit juices WITHOUT pulp (for example: apple, white grape)
- Clear broth or bouillon (for example: chicken or beef or vegetable broth)
- Carbonated or noncarbonated CLEAR soft drinks (for example: Sprite, ginger ale)
- Gatorade, Kool-Aid or lemonade with no pulp (**NO RED, BLUE OR PURPLE**)
- Plain Jell-O (without fruit or toppings) (**NO RED, BLUE OR PURPLE**)
- Popsicles (**NO RED, BLUE OR PURPLE**)
- **NO DAIRY PRODUCTS**

2 DAYS BEFORE YOUR PROCEDURE

- **At 5:00 PM**, begin to drink one of the bottles of Magnesium Citrate making sure to drink the entire 10 ounces within 1 hour.
- **At 8:00 PM**, begin to drink the second bottle of Magnesium Citrate making sure to drink the entire 10 ounces within 1 hour.

1 DAY BEFORE YOUR PROCEDURE

- Follow instructions on next page for the bowel prep your physician has chosen for you.
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*If you have questions prior to your procedure, please call
Erlanger Gastroenterology at 423-778-4830.*