

2 Day Prep Instructions

2 Days Prior – Begin CLEAR Liquid Diet

Date: _____

- When you wake up, BEGIN your **CLEAR** LIQUID DIET
- **NO** SOLID FOODS AT ALL
- **The following liquids ARE allowed:**

Water	Apple Juice	White Grape Juice	Sprite	7 UP
Seltzer	Crystal Light	Mountain Dew	White Tea	Ginger Ale
Sprite	Green Tea	Chicken Broth	Bouillon	
Gatorade*				
Jell-O*	Italian Ices*	Ice Pops*	Coffee*	Tea*

***NO** RED DYE ***NO** MILK OR DAIRY PRODUCTS ***NO** PULP, SEEDS, GUM

NO exceptions, patients should **ONLY HAVE WHAT IS ON THIS LIST!!**

AT 5 PM – 1 Bottle of Magnesium Citrate

DAY 2 of PREP

Date: _____

AT 8AM – 1 Bottle of Magnesium Citrate

Continue clear liquids through the day

AT 5PM begin your SUPREP as directed