

A. General instructions

- i. Remember to make arrangements to have someone drive you home after your procedure. Sedation is used and you will not be allowed to drive or leave unaccompanied.
- ii. Contact our office or our physician on call if you have questions or problems with your preparation (Tampa office 813-930-8816, Trinity office 727-372-5547).
- iii. Clear liquid diet
  1. Water
  2. Clear broth (beef or chicken)
  3. Clear juices (apple, prune, grape, cranberry, lemonade, Crystal Light or similar powder mix juices)
  4. Sodas
  5. Tea
  6. Black coffee
  7. Clear gelatin (without fruit)
  8. Popsicles (without fruit or cream)
  9. Italian ice
  10. Gatorade (or similar)
  11. **Not allowed: milk, cream, milkshakes, tomato juice, orange juice, cream soups, oatmeal, cream of wheat, grapefruit juice.**

B. Preparation with magnesium citrate

- i. Day before colonoscopy
  1. Have a light breakfast (eggs, toast, oatmeal, juices, yogurt, black coffee are allowed)
  2. Clear liquids only for lunch and dinner (see below)
  3. Drink your first bottle of magnesium citrate at 3:00 PM.
  4. Drink your second bottle of magnesium citrate at 6:00 PM.
  5. If you have not achieved a good result by 8:00 PM drink the third bottle of magnesium citrate.
  6. Do not eat or drink anything after midnight.
  7. If you become nauseated or vomit during preparation stop drinking laxative for 30 minutes and then restart. If unable to complete the preparation call your doctor.

C. Preparation with Colyte/Nulytely/Golytely

- i. Day before colonoscopy
  1. Have a light breakfast (eggs, toast, oatmeal, juices, yogurt, black coffee are allowed)
  2. Clear liquids only for lunch and dinner.
  3. Prepare laxative according to bottle label and add included flavoring only. Keep mixed laxative refrigerated for 2-3 hours before starting drinking.
  4. Start drinking laxative at 5:00 PM.
  5. Drink 8 oz. of laxative every 10-15 minutes until entire bottle is completed.
  6. Do not eat or drink anything after laxative is completed.
  7. If you become nauseated or vomit during preparation stop drinking laxative for 30 minutes and then restart. If unable to complete the preparation call your doctor.

D. Preparation with Osmoprep tablets

i. Day before colonoscopy

1. Have a light breakfast (eggs, toast, oatmeal, juices, yogurt, black coffee are allowed)
2. Clear liquids only for lunch and dinner.
3. Beginning at 3:00 PM take 4 tablets of Osmoprep with 8 oz. of clear liquids every 15 minutes for a total of four doses (16 tablets total).
4. Beginning at 6:00 PM take 4 tablets of Osmoprep with 8 oz. of clear liquids every 15 minutes for a total of four doses (16 tablets to complete the total of 32 tablets).
5. Drink as much clear liquids as you can before, during and after the preparation.
6. Do not eat or drink anything after midnight.
7. If you become nauseated or vomit during preparation stop laxative for 30 minutes and then restart. If unable to complete the preparation call your doctor.