



TWO DAY COLON PREP

_____ DAY 1 – DRINK ONLY CLEAR LIQUIDS ABSOLUTELY (NO SOLID FOOD) NOTHING CAN BE RED, PURPLE OR BLUE, NO DAIRY PRODUCTS.

BOUILLON OR BROTH (NO NOODLES), CLEAR SODA, JUICES (WHITE GRAPE, APPLE OR WHITE CRANBERRY), TEA, COFFEE, (NO CREAM), GARORADE/POWERADE, CRYSTAL LITE, WATER – BASED POPSICLES AND JELLO -O ARE ALL OK TO EAT (EXCLUDING ABOVE COLORS).

TAKE 4 DULCOLAX TABLETS IN THE EVENING, AFTER 5PM.

DIABETIC PATIENTS HAVE SCRAMBLED EGGS FOR BREAKFAST AND CONSUME SUGAR FREE LIQUIDS AND TAKE DIABETIC MEDICINE.

_____ DAY 2 - CONTINUE WITH CLEAR LIQUIDS ABSOLUTELY NO SOLID FOODS.

4 PM TAKE 4 DULCOLAX TABLET.

5 PM FOLLOW THE COLON PREP INSTRUCTIONS PROVIDED FROM CENTERS FOR DIGESTIVE HEALTH. CONTINUE CLEAR LIQUIDS UNTIL MID-NIGHT, NOTHING AFTER.

IF YOU TAKE BLOOD PRESSURE MEDICINE YOU CAN TAKE THE MORNING OF YOUR PROCEDURE WITH A SMALL SIP OF WATER.

DIABETIC PATIENTS DO NOT TAKE INSULIN OR DIABETIC MEDICINE. CONSUME LIQUIDS WITH SUGAR, DRINKS THAT ARE NOT SUGAR FREE.