

Twin Forks Gastroenterology & Hepatology, P.C.
Eyad M Ali, M.D.
631-723-0600

CLEAR LIQUID DIET – Citrate of Magnesia

The following are examples of clear liquids. You may have as much of these foods for meals while preparing for the exam. Please avoid red or purple colored liquids. Sugar, sweetener and lemon are allowed. No cream, milk or pulpy juices are permitted.

Fruit Juices	Popsicles
Soda Pop	Bouillon
Water	Black Tea
Broth (beef, chicken)	Black Iced Tea
Jell-O (no fruit)®	Black Coffee
Lemonade	Kool-aid®
Gatorade®	Strained Juices

THE DAY BEFORE THE PROCEDURE

DIET: Take only liquids. Drink at least 8 glasses of water. Drink plenty of fluids. You may have water, tea, black coffee, clear soup, Jell-O, fruit juice, and clear carbonated beverages.
NO ALCOHOLIC BEVERAGES.

DO NOT TAKE RED LIQUIDS. DO NOT EAT SEEDS OR NUTS.

This includes RED/PINK Jello-O, Tomato/Cranberry juice. Please **DO NOT ADD** fruits or vegetables of any kind to cleansing diet.

4pm- Take one 10oz Bottle of Citrate of Magnesia

8pm- Take one 10oz Bottle of Citrate of Magnesia

10 pm- Take 4 Dulcolax Tablets

NOTHING AFTER MIDNIGHT