



Center For Pelvic Health

Bowel Prep

Day Before Procedure

- CLEAR LIQUID DIET ALL DAY. Examples: Water, tea, apple juice, white grape juice, clear soft drinks, Gatorade, Tang, broth, bouillon, jell-o and popsicles. No milk or milk products.
- At 12:00 p.m. take 5 oz. of magnesium citrate and follow it with 24 oz. of clear liquid.
- At 4:00 p.m. if your bowels have not moved, take an additional 5 oz. of magnesium citrate and follow it with 24 oz. of clear liquid.
- You may continue your clear liquid diet until midnight. Nothing to eat or drink after midnight.

Day of Procedure

- NOTHING TO EAT OR DRINK AFTER MIDNIGHT.