

Optimal Digestive Care

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Colonoscopy Prep Kit Over the Counter Shopping List

- 1 bottle Magnesium Citrate Oral solution (**MUST BE CLEAR, NOT COLORED**)
Grape, Cherry and Lemon-lime
- 4 Dulcolax (Bisacodyl) tablets (Laxative only)
- 1 8.3 oz. bottle of Clearlax powder (Miralax)

Optional

Crystal Light (1 pack makes 2 quarts) lemonade

Baby wipes

Watch the video on www.OptimalDigestiveCare.com



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CLEAR LIQUID DIET

Only Clear (TRANSPARENT) Liquids allowed for the ENTIRE DAY BEFORE your Colonoscopy

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed. **No red or purple liquids** should be consumed, however cherry or grape Citrate of Magnesium is allowed.

NO SOLID FOOD all day long the day before the procedure.

Examples of CLEAR- TRANSPARENT – LIQUIDS:

Tea or Coffee (decaffeinated or regular)

NO MILK, NO CREAMER

Fruit “flavored” drinks – No Red or Purple

Sodas, Carbonated beverages (regular or diet) – No Red or Purple

CLEAR pulp-free Fruit Juices

(NO ORANGE JUICE OR GRAPEFRUIT JUICE)

NO PULP!!!

Apple Juice

White Grape Juice

Lemonade

Iced Tea

Gatorade/G2, Propel, Smart Water, Powerade, etc. ****Good for electrolytes****

NO RED OR PURPLE

Clear broth (chicken or beef) – canned or bouillon

Jell-O (regular or sugar-free) – **NO RED OR PURPLE**

Popsicles – **NO RED OR PURPLE**

Salt, Sugar, Artificial Sweeteners

NO Milk, NO Creamer, NO Non-Dairy “Creamers”