

Gastroenterology  
and Hepatology

**MARC L. KOZAM, MD**  
18111 Prince Philip Drive, Suite T-14  
Olney, MD 20832-1513

Telephone: 301-774-4400  
Facsimile: 301-774-1034

## TWO DAY PREPARATION MODIFICATION

### ANY TIME:

1. Purchase an additional bottle of Magnesium Citrate (total of two bottles).

### TWO DAYS BEFORE COLONOSCOPY:

2. In the morning, drink the entire 10 oz. bottle of Magnesium Citrate.
3. Be very light on your diet. While some patients stick to a clear liquid diet, a low residue diet is a reasonable option for most people.

### HELPFUL HINTS

#### **WHAT ARE CLEAR LIQUIDS?**

Clear liquids include Water, Gatorade, Kool-Aid, Crystal Lite, Jello, Broth, Soda, Coffee or Tea (no creamer), Apple or Cranberry juice, Popsicles, Italian Ice.

“Red” colored drinks are OK, but may come out red.

#### **WHAT IS LOW RESIDUE DIET?**

Examples of foods on a low residue/fiber diet include:

- White breads with no nuts or seeds.
- White rice.
- Well cooked vegetables without skin or seeds.
- fresh fruit like bananas, cantaloupe, honeydew, and watermelon.
- Eggs.
- Fish.
- Poultry.
- Dairy products.