



Medical Clinic of Houston, L.L.P.

Martin R. White, M.D., Managing Partner
Karen C. Rainey, J.D., C.M.P.E., Executive Administrator

1701 Sunset Boulevard
Houston, Texas 77005
Phone (713) 526-5511
Fax (713) 520-4797
www.mchllp.com

Modified Bowel Prep Options for Colonoscopy John Dugan, MD – Gastroenterology

- Adhere to a low residue diet for two days prior to procedure.
Allowed: soup, fish, chicken, eggs, white rice, white bread, crackers, plain yogurt, pasta, potato with no skin, gelatin, broth, bouillon, and all liquids. **Avoid:** fresh/dried fruit, raw vegetables or those with seeds, corn, whole grain bread, raisins, cloves, and any other meat besides what is listed above.

- Adhere to a clear liquid diet for 24 hours prior to procedure.
If you put a liquid in a clear glass and you can see through it, it is probably safe to drink.
Examples include: apple, white grape and white cranberry juice; tea or coffee without milk; clear beef or chicken broth without solid pieces; clear soda, Gatorade, Kool-Aid (no red or purple colors); popsicles, various Jello flavors (no red or purple colors).

- Drink 10-ounce bottle of Magnesium Citrate at **noon** on day prior to procedure. This can be bought over the counter (OTC) at a local pharmacy.

- Start laxative bowel prep. Follow detailed instructions on the attached sheet.
Prep: **Suprep**

First dose: **6 pm the evening prior to colonoscopy**

Second dose: _____

Please call 713-526-5511, extension 4490 with any question or concerns.