



# Medical Clinic of Houston, L.L.P.

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

- Adhere to a low residue diet for \_\_\_\_\_ days prior to procedure.  
**Allowed:** soup, fish, chicken, eggs, white rice, white bread, crackers, plain yogurt, pasta, potato with no skin, gelatin, broth, bouillon, 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 \_\_\_\_\_ 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).
  
- Start laxative bowel prep. Follow detailed instructions on the attached sheet. Prep: Suprep    Prepopik    Moviprep    Golyteley
  
- Drink 10-ounce bottle of Magnesium Citrate at \_\_\_\_\_. This can be bought over the counter (OTC) at local pharmacy.
  
- Take two 5mg tablets (total of 10mg) of Dulcolax (bisacodyl) at \_\_\_\_\_ and at \_\_\_\_\_. This can be bought OTC at local pharmacy.
  
- Take 17gm of Miralax (polyethylene glycol 3350) dissolved in water \_\_\_\_\_ daily for \_\_\_\_\_ days prior to your procedure. This can be bought OTC at local pharmacy.

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