

Naperville Gastroenterology

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Patient Instructions for Preparation for Colonoscopy (for afternoon procedures)

Needed ingredients:

Fleet's Phospho Soda, 3 ounces.(Sold over the counter)
6 cans of either lemon-lime soda or ginger-ale (diet soda is acceptable)(See below)

On the day before the test:

Only eat clear liquids for meals.
At 4 to 5 PM - take 1.5 ounces of Fleets Phospho Soda and three 12 ounce servings of a clear liquid.

Hint: You may use three cans of ginger-ale or lemon-lime soda for the three 12 ounce servings of liquids. You may mix 1 Tablespoon (use kitchen measuring spoons) of Fleets Phospho Soda in each can of soda, which most patients find quite palatable. Finish drinking all three can in 1 to 1 1/2 hour.

On the day of the test:

Only eat clear liquids for meals.
At 8 AM take 1.5 ounces of Fleets Phospho Soda and three 12 ounce servings of a clear liquid. The hint for the soda may be used again.

Clear liquid breakfast, and then nothing by mouth before the test.

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CLEAR LIQUID DIET

These items are allowed

- Water
- Clear broth: beef or chicken
- Juices
 - Apple juice or cider
 - Pulp free orange juice
 - Prune juice
 - Tang
 - Lemonade
 - Kool-Aid
 - Grape juice
- Clear Sodas (7-up, Sprite, Sierra Mist, etc.)
- Tea (no cream)
- Coffee (no cream)
- Gelatin (without fruit) (no red gelatins)
- Popsicle (without fruit or cream)
- Italian ices

These items are NOT allowed

- Milk
- Cream
- Milkshakes
- Tomato juice
- Orange juice (with pulp)
- Cream soups
- Any soups other than the listed broth
- Oatmeal
- cream of Wheat