

CLEANSING PREP

DAY 1

DRINK ONLY clear liquids

Clear liquids include:

- Water
- Strained fruit juices without pulp (apple, white grape, lemonade)
- Coffee or Tea (**NO MILK**)
- Clear broth or bouillon (**No fats**)
- Carbonated and non-carbonated soft drinks (7-UP, Sprite, Ginger Ale, Coke, Gatorade (**NO RED OR PURPLE**))

Also, take 2 tablespoons of **Milk of Magnesia** twice a day (am & pm), and 2 doses of 3 **Dulcolax tablets**.

DAY 2

DRINK ONLY clear liquids

At 6:00 pm, take 1 bottle of **Citrate of Magnesium** followed 1 hour later by 3 **Dulcolax tablets**.

DAY 3 : THE DAY BEFORE YOUR PROCEDURE:

DRINK ONLY clear liquids

At 4:00 pm or 5:00 pm, take 1 ½ ounces of **Fleet Phospho-soda**, BY ITSELF, (like you would a shot of alcohol), then follow with a glass of cool water, or other clear liquid you would like to drink. Follow with one full glass of clear liquids. Drink at least three (3) more full glasses of clear liquids before retiring; more if desired. Also, before retiring, take a 1 quart **Castile Soap enema**.

Take your regular medications.

THE DAY OF YOUR PROCEDURE:

3 HOURS BEFORE YOU LEAVE FOR YOUR APPOINTMENT, take 1 ½ ounces Fleet Phospho-soda, BY ITSELF, (like you would a shot of alcohol), then follow with a glass of cool water, or other clear liquid you would like to drink.