

One Day Minimum Residue Diet Preparation

An absolutely clean colon is necessary for a successful examination. Please follow the instructions carefully.

I. Day before the examination (Date:)

<u>Time</u>	<u>Directions</u>
Breakfast	Eat only the following: <ul style="list-style-type: none">• scrambled egg• two pieces of white toast with jelly• 8 oz. Apple, grape or cranberry juice• 1 cup of water, coffee, or tea (sugar can be added but no milk or cream)
10:00 am	Drink two or more glasses of water (8 oz per glass) or non citrus juice (it takes fluid to flush the colon just as it takes water to flush the toilet)
11:30 am	Take four Dulcolax 5mg (also called bisacodyl) tablets. Do not crush or chew the tablets.
Noon	Eat only the following: <ul style="list-style-type: none">• 1 cup of bouillon soup with crackers• 1 chicken or turkey light or white meat sandwich (no butter, no mayonnaise, no lettuce and no other additive)• 8 oz. Clear noncitrous juice• 1 serving of plain jello (no cream, no fruit, and no additives)• 1 cup of water, coffee or tea (sugar can be added, but no milk or cream)
2:00 pm	Drink two or more glasses of water (8 oz per glass) or noncitrous juice
3:00 pm	Drink one bottle (10 oz) of cold Magnesium Citrate
4:00 pm	Drink two or more glasses of water (8 oz per glass) or noncitrous juice
5:00 pm	Eat only the following: <ul style="list-style-type: none">• 1 cup of bouillon soup• 1 glass of clear noncitrous juice• 1 serving of plain jello (no cream, no fruit and no other additives)• 1 cup of water, coffee, or tea (sugar can be added but no milk or cream)
7:00 pm	Take two Dulcolax suppositories
9:00 pm	Drink one glass of water (8 oz per glass) or noncitrous juice

II. Day of Examination (Date)

- Eat no breakfast
- Drink nothing unless you must take medications and then just enough to swallow your pills. Take your blood pressure medicines as you do usually.
- Take a 1000 cc lukewarm tap water enema.