

2 Days Before Examination

Drink only “clear” liquids for breakfast, lunch and dinner. Solid foods, milk or milk products are NOT allowed.

“Clear” liquids include all of the following:

- **Strained fruit juices containing no pulp (apple, white grape, lemonade)**
- **Water**
- **Clear broth or bouillon**
- **Coffee or tea (without milk or non-dairy creamer)**
- **All of the following that are NOT colored red or purple: Gatorade, Kool-Aid, plain Jello, carbonated and non-carbonated soft drinks, ice Popsicles**

Drink one bottle of Magnesium Citrate at 2:00 pm and another bottle of Magnesium Citrate at 6:00 pm.

1 Day before Examination

Drink all “Clear” liquids.

Follow Attached Fleet Phospho-soda instructions.

Day of Examination

No foods or liquids after midnight.