

Bariatric Colon Prep

Day Before and One Week After Surgery

Clear Liquids ONLY (No Solid Foods!)

Clear chicken and beef broth, strained clear soups, sports drinks, fruit-juices (no pulp), apple juice, white grape juice, white cranberry juice, water, tea, coffee (no cream or milk), Kool-Aids, tang, popsicles, Jell-O (no fruit or toppings added), ice chips.

Day Before

4:00 PM 10-ounce bottle magnesium citrate

6:00 PM 10-ounce bottle magnesium citrate

**You may continue on clear liquids until midnight.
Do not eat or drink after midnight!**