



Medical Clinic of Houston, L.L.P.

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www.mchllp.com

"The Sunset Clinic" - Established in 1968

48 – Hour Prep for Colon Exams

Appointment Date : _____ **Appointment Time:** _____

Eat light meals (soups and salads) and plenty of fluids two (2) days prior to your exam.

On the day before your exam, use the following instructions.

Breakfast	Clear soup (any broth); unsweetened fruit juice; plain gelatin; black coffee or plain tea; no sugar. NO MILK OR CREAM
Noon	Clear Soup (any broth); unsweetened fruit juice; plain gelatin; black coffee or plain tea; no sugar. NO MILK OR CREAM
1:00 PM	Drink 8 oz. of water
2:00 PM	Drink 8 oz. of water
3:00 PM	Drink 8 oz. of water
4:00 PM	Drink 8 oz. of water
5:00 PM	Drink 8 oz. of water
5:30 PM	Drink 8 oz. of water
6:00 PM	Drink 8 oz. of water
7:00 PM	Drink 8 oz. of water
8:00 PM	Drink 8 oz. of water
9:00 PM	Drink 8 oz. of water
9:30 PM	Drink 8 oz. of water
	DO NOT CHEW TABLETS
Morning of the Exam	Nothing to eat or drink until after the exam is completed. You may take prescribed medications.

If you have a tendency for constipation, and do not have a good evacuation from this preparation, please call the X-ray department. **If you have any difficulty or questions concerning the preparation or exam, please call the X-ray Department at 713-526-5511, ext. 4500 for further instructions.**

Continue all medications prescribed by your physician.