

KARMANOS CANCER INSTITUTE

INSTRUCTIONS FOR PREPARATION BEFORE SPACEAR PROCEDURE

PURCHASE BEFORE YOUR PROCEDURE AT PHARMACY:

- 1 bottle of Magnesium Citrate
- 1 Fleet's enema

TO BEGIN THE DAY BEFORE YOUR PROCEDURE:

- Begin Clear Liquid Diet in the morning
- Drink the bottle of Magnesium Citrate in the morning.
- Use Fleets enema before bed per the instructions on the package.
- Please take all of your prescribed medications on your normal schedule

CLEAR LIQUID DIET INSTRUCTIONS:

Allowed liquids:

- Water (plain, carbonated, or flavored)
- Sport's Drinks (such as Gatorade)
- Clear broth such as bouillon or consommé (chicken, beef)
- Soda pop including cola, 7-up, Sprite, ginger ale
- Jell-O any color
- Coffee and Teas (without cream or milk added)
- Kool-Aid or Crystal Lite
- Apple Juice, Grape juice, Cranberry juice (fruit juices without pulp)
- Hard Candies
- Sugar or sugar substitute
- Popsicles without milk, bits of fruit, seeds or nuts
- Italian ices

Not allowed:

- Milk, cream
- Orange juice, tomato juice, grapefruit juice
- Alcohol
- Any liquid you can't see through



YOUR BEST CHANCE.

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