# KARMANOS CANCER INSTITUTE

**INSTRUCTIONS FOR PREPARATION BEFORE SPACEOAR 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

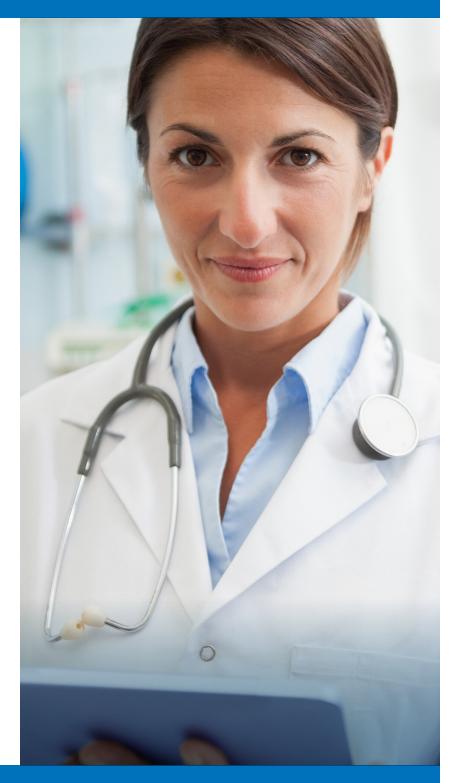
## **CLEAR LIQUID DIET INSTRUCTIONS:**

### **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
- Any liquid you can't see through







YOUR BEST CHANCE. 1-800-KARMANOS KARMANOS.ORG