

**DIGESTIVE AND LIVER DISEASE SPECIALISTS
INSTRUCTIONS FOR YOUR M2A CAPSULE
&
APPOINTMENT INFORMATION**

Begin a clear liquid diet on _____. (See Below)

At 7:00 p.m. drink one 10 oz bottle of Citrate of Magnesia. This may be purchased over the counter from the drug store.

Continue your clear liquid diet.

Do not eat or drink anything after midnight.

CLEAR LIQUID DIET GUIDE

BEVERAGES: Clear juice such as white grape juice, apple juice, white cranberry juice. Nothing with pulp!
Coffee, plain with NO cream or milk.
Any flavor soft drinks, soda, tea.
Drink LOTS of water!

DESSERTS: Gelatin, Jell-O, and popsicles. NO red flavors, NO sherbets, NO fruit bars.

SOUPS: Clear broth which can be canned, home-made, or bouillon.

SWEETS: Hard candy such as mints, lifesavers, etc.

Date of Procedure: _____

Arrival Time: _____

Location: Sentara Norfolk General Hospital
3 rd Floor River Pavilion
600 Gresham Drive
Norfolk, VA 23507

