

BOWEL CLEANSING INSTRUCTIONS

Your physician has requested an exam that requires you to have a colon that is clean and empty in order for us to obtain optimal images and perform a satisfactory examination. It is important that you carefully follow the instructions below.

If you have diabetes, chronic kidney disease, cramping abdominal pain, considerable diarrhea, or intestinal bleeding or inflammatory bowel disease, consult your primary physician before proceeding with these instructions. Also, if you have a temporary ileostomy contact your physician before proceeding with these instructions.

You need to go to a retail pharmacy and purchase the following medications:

- Magnesium Citrate Oral Solution 10 oz. bottle
- Bisacodyl (Dulcolax) 5 mg tablets
- Bisacodyl (Dulcolax) 10 mg suppository

Note: a high fluid intake is required during this preparation. Drink at least one full 8 fl oz glass of water at each the times specified. DO NOT USE MILK, CREAM OR NON-DAIRY CREAMER.

1. One day before your examination begin using the contents of the medications you have purchased:

- a) **Breakfast:** take only clear liquids. Meals may include clear broth, strained clear fruit juices, tea or coffee (no dairy added), carbonated beverages or jello (non-red coloring only).
- b) **Lunch:** same meal directions as breakfast.
- c) Drink 8 oz. of water every hour between 1:00 and 5:00 p.m. (four glasses total).
- d) **Dinner:** same meal directions as breakfast and lunch.
- e) 5:30 p.m. – Drink **10 oz. Magnesium Citrate oral solution.**
- f) Drink 8 oz. of water every hour between 6:00 and 9:00 p.m. (four glasses total).
- g) 7:30 p.m. – Take the four (4) orange **5 mg. Bisacodyl tablets** with water. **DO NOT CHEW.**

2. The morning of your examination:

- a) **DO NOT EAT OR DRINK ANYTHING.** You may take daily medications with a minimal amount of water but other than that do not eat or drink anything.
- b) At least 2 hours before leaving for your examination, unwrap and insert the **10 mg. Bisacodyl Suppository** into your rectum. Wait at least 15 minutes before evacuating.

If you are **diabetic**, please drink clear liquids, juices with sugar content, and broths (examples are apple or Cranberry juice, 7-up, Sprite, chicken broth). **DO NOT TAKE YOUR DAILY INSULIN DOSE WITHOUT FIRST CHECKING YOUR BLOOD SUGAR BEFORE MEALS AND AT BEDTIME DURING THE ENTIRE BOWEL CLEANSING PROCESS WHEN YOU ARE ONLY DRINKING CLEAR LIQUIDS, AND BROTH.** Please contact your primary care provider regarding any changes they may want to make for your insulin dosage or oral diabetic medication.

Please arrive 15 minutes early the day of your exam to register in person at our front desk.

After your examination, if you are troubled by constipation or abdominal pains, please consult with your physician for a mild laxative to remove the barium from the colon.