

APPOINTMENT DATE & TIME: \_\_\_\_\_



## **Bowel Prep Instructions**

Diagnostic Imaging (Outpatient)

### **BUY THESE ITEMS AT A STORE OR PHARMACY:**

**1 bottle Magnesium Citrate (10 fl oz. bottle)**

**1 small package Dulcolax (Bisacodyl tablets) laxative – 4 pills needed**

### **Follow these directions carefully:**

- Taking the prep will help you prepare for your procedure by cleansing your lower intestinal tract. It is important that you follow and complete all directions carefully. Take only the medications, foods, and fluids in the amounts specified, and at the times shown, unless otherwise instructed by your doctor. Following these instructions will provide the best results and avoid having to repeat the procedure.
- Individual responses to laxatives vary so remain close to toilet facilities once you have started the bowel cleansing procedure.
- **The day before the exam: DO NOT EAT ANY SOLID FOOD**
- Begin a liquid diet 24 hours before the exam.** A high fluid intake is required for this preparation and so that you do not become dehydrated. Drink at least one full 8 ounce glass of water at each of the times specified. **DO NOT USE MILK, CREAM OR NON-DAIRY CREAMER.**
- Breakfast:** Clear soup (any broth); strained fruit juices without pulp; flavored gelatin (do not add extra ingredients); Gatorade; soft drinks, black coffee or plain tea.
- Noon:** Clear soup (any broth); strained fruit juices without pulp; flavored gelatin (do not add extra ingredients); Gatorade; soft drinks, black coffee or plain tea.
- 1 P.M.:** Drink one (1) full 8 ounce glass of water.
- 2 P.M.:** Drink one (1) full 8 ounce glass of water.
- 3 P.M.:** Drink one (1) full 8 ounce glass of water.
- 4 P.M.:** Drink one (1) full 8 ounce glass of water.
- 5 P.M.:** Clear soup (any broth); strained fruit juices without pulp; flavored gelatin (do not add extra ingredients); Gatorade; soft drinks, black coffee or plain tea.
- 5:30 P.M.:** Drink bottle of Magnesium Citrate. This product generally produces a bowel movement in 30 minutes to 6 hours.
- 6 P.M.:** Drink one (1) full 8 ounce glass of water.
- 7 P.M.:** Drink one (1) full 8 ounce glass of water.
- 7:30 P.M.:** Take all four Dulcolax tablets with one (1) full 8 ounce glass of water. **Do Not Chew Tablets.** The tablets are to be taken two hours after drinking the Magnesium Citrate.
- 8 P.M.:** Drink one (1) full 8 ounce glass of water.
- 9 P.M.:** Drink one (1) full 8 ounce glass of water. Do not eat after 9:00 P.M.
- Day of Exam - Do Not Eat or Drink Anything**