

BOWEL PREP INSTRUCTIONS FOR IMAGING STUDIES

You need to obtain the following over the counter products:

1. 10oz bottle of Magnesium Citrate Oral solution
2. DULCOLAX 5 mg tablets (SIX tablets)

TWO days before your exam: Adults

Low Residue diet during the day

Before Bed- Take two (2) 5mg Dulcolax (Bisacodyl tablets) with an 8 fluid ounce glass of water.

DO NOT CHEW TABLETS

The day before your exam:

Before Breakfast- Take two (2) 5mg Dulcolax (Bisacodyl tablets) with an 8 fluid ounce glass of water.

DO NOT CHEW TABLETS

Breakfast:

Clear soup (any broth), strained fruit juices without pulp, flavored gelatin (avoid red/purple), clear soft drinks, black coffee/tea with no creamer

Noon:

Clear soup (any broth), strained fruit juices without pulp, flavored gelatin (avoid red/purple), clear soft drinks, black coffee/tea with no creamer

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|---------------|---|
| 1:00pm | Drink one (1) full 8 fluid ounce glass of water |
| 2:00pm | Drink one (1) full 8 fluid ounce glass of water |
| 3:00pm | Drink one (1) full 8 fluid ounce glass of water |
| 4:00pm | Drink one (1) full 8 fluid ounce glass of water |

Dinner:

Clear soup (any broth), strained fruit juices without pulp, flavored gelatin (avoid red/purple), clear soft drinks, black coffee/tea with no creamer

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|---------------|--|
| 5:30pm | Drink 10oz bottle of Magnesium Citrate Oral Solution |
| 6:00pm | Drink one (1) full 8 fluid ounce glass of water |
| 7:00pm | Drink one (1) full 8 fluid ounce glass of water |
| 7:30pm | Take two (2) 5mg Dulcolax (Bisacodyl tablets) with an 8 fluid ounce glass of water. DO NOT CHEW TABLETS |
| 8:00pm | Drink one (1) full 8 fluid ounce glass of water |
| 9:00pm | Drink one (1) full 8 fluid ounce glass of water. |

Do not eat after 9:00pm.

***Day of procedure – clear liquids only on the day of your exam. Do not eat or drink anything for 4 hours before your exam.**

A LOW RESIDUE DIET CONSISTS OF:

Strained Fruit Juices; Orange, apple, grape, grapefruit, pineapple

Cereal; Cream of Wheat, Farina, Rice Krispies

Eggs; Any style

Cottage Cheese; Dry no creamed

Meat; Canned baby meats, baked skinless fish, finely chopped canned tuna

Macaroni, Spaghetti, Noodles or Rice with Oil, butter or margarine

Sweets and sugars; Plain gelatin without added fruits or vegetables, moderate amounts of sugar or honey

Seasonings; moderate amount

Beverages; Same as clear liquids

NO BREAD, FRUIT, VEGETABLES, MILK, OR ALCOHOL

During Your Procedure-Barium Enema

The technologist will explain your procedure and answer any questions you may have before your exam.

You will be asked to change into a gown and lie on the exam table on your back with your arms at your side.

The technologist will take a “scout” film of your abdomen to make sure your intestines are clean. Once the scout film has been reviewed by the Radiologist, the technologist will insert a lubricated enema tip into your rectum.

The Radiologist will start the exam by allowing liquid barium to flow through the enema tip, a little at a time. This material allows the visualization of your colon.

The Radiologist will watch the flow of the barium on the television screen and will take multiple pictures throughout the process.

As the barium is delivered you will be asked to turn from side to side.

This will help to coat the walls of your colon. After the barium is in, the technologist will take a series of X-Rays of your colon.

You will be asked to roll onto your side and onto your stomach and asked to hold your breath and remain very still for each picture. It is also important that you try to hold in the barium.

Once the films are complete, the technologist will help you to the bathroom so you can expel the barium.

Your exam will take approximately 45-60 minutes. This may be longer if additional pictures are required.

After your procedure: Drink plenty of fluids for 24 – 48 hours.

The barium may make your stool white for several days.

If you experience constipation your physician may recommend a mild laxative.

Your study will be read by the Radiologist and results sent to your physician, usually within 48 hours.

Your physician will discuss these results with you.

Additional Information:

**Female patients, from *beginning to end of menstruation*, will require a pregnancy test.

During Your Procedure-IVP (Intravenous Pyelogram)

The technologist will explain your procedure and answer any questions you may have before your exam.

You will be asked to change into a gown and lie on the exam table on your back with your arms at your side.

The technologist will take a “scout” film of your abdomen to make sure your intestines are clean. It is essential for the bowels to be clean for optimal imaging of the kidneys. Once the scout film has been reviewed by the Radiologist, the technologist or nurse will start an IV on you.

The technologist will inject iodinated contrast through the IV. The contrast travels through the bloodstream and collects in the kidneys, then travels through the ureters and into the bladder.

The technologist will take a series of x-rays of your abdomen at specific timed intervals. This series of x-rays will be reviewed with the radiologist.

Once the films are complete, the technologist will help you to the bathroom so you can empty your bladder.

Your exam will take approximately 45-60 minutes. This may be longer if additional delayed pictures are required or if there are difficulties starting an IV.

After your procedure:

Drink plenty of fluids for 24 – 48 hours.

Your study will be read by the Radiologist and results sent to your physician, usually within 24 hours.

Your physician will discuss these results with you.

Additional information:

Labs-*BUN/Creatinine*** are required within a month of the appointment date on the following:

- Patients over the age of ***60***
- History of renal disease including: dialysis, kidney transplant, single kidney, renal cancer, and renal surgery
- Hypertension requiring medication management
- History of diabetes mellitus
- Taking medications containing metformin

Female patients, from *beginning to end of menstruation***, will require a pregnancy test.