

BOWEL EVACUATION INSTRUCTIONS

This preparation is to begin 48 HOURS before X-ray examination.

Your physician is preparing you for an X-ray examination that requires thorough clearing of the intestinal tract. He is using this routine to make the procedure more comfortable for you. **BE SURE TO FOLLOW EACH STEP AND COMPLETE ALL INSTRUCTIONS OF THE ENTIRE X-RAY EXAMINATION MAY HAVE TO BE REPEATED.**

IMPORTANT: A high fluid intake is essential to the success of this regimen. You **MUST** take a large glass (8 oz or 225 ml.) of liquid at the specified times. Drink only black coffee, plain tea, strained fruit juice, soft drinks or water at the times indicated. **DO NOT DRINK MILK OR CREAM.**

In preparation for your x-ray examination, the following diet regimen should be followed prior to examination:

1. 48 hours before x-ray eat - only low-residue foods. Examples: white bread, cream of wheat, butter, margarine, meat (not fried), chicken, turkey, ham and all liquids are allowed. **AVOID** raw fruits, raw vegetables, nuts, raisins, whole wheat products, cold cuts, cheeses, hot dogs, meat fats.
2. 24 hours before x-ray - **LIQUIDS ONLY** - may include soup, bouillon, plain gelatine, juices, tea, coffee, soft drinks. **NO SOLID FOOD PERMITTED.**
3. Begin bowel prep medications and follow instruction at 4:00 p.m. on the day before X-ray.

TIME INSTRUCTIONS for the day before X-ray:

NOON - Light lunch, clear soup, plain gelatine, fluid.

4:00 p.m. - Drink entire contents (300 mL) of Citromag bottle over ice.

5:00 p.m. - 8 oz. (225 mL) fluid.

6:00 p.m. - Liquid dinner, clear soup, plain gelatine, 8 oz. (225 mL) fluid.

7:00 p.m. - Take two (2) BISACODYL tablets 5 mg. (laxative) with a large glass of water. Do not chew, break, or crush tablets.

8:00 p.m. - 8 oz (225 mL) fluid.

9:00 p.m. - 8 oz (225 mL) fluid.

10:00 p.m. - Insert one (1) BISACODYL suppository 10 mg. into the rectum as far as possible. Retains as long as comfort will permit - usually 10 - 15 minutes before defecating.

Nothing is to be taken by mouth. after 10:00 p.m., until the X-ray examination. Prescription medications can be taken as scheduled with a glass of water.

BE SURE TO DRINK ALL THE FLUIDS SPECIFIED.