



An Alliance of Medical Imaging Northwest & MultiCare Good Samaritan Hospital

Bowel Cleansing Supplies and Instructions for Colon Examinations

You will need to purchase the following supplies from your pharmacy:

- 1 - 10 oz bottle of citrate of magnesium (best if refrigerated)
- 2 - Bisacodyl tablets (enteric coated) 5 mg each
- 1 - Bisacodyl suppository 10 mg

Prep Instructions for a Barium Enema and Barium Enema with Air Contrast:

Please prepare for your morning examination by following the instructions below. If you are having an afternoon examination the instructions will be given to you by your provider's office or by our office.

TWO DAYS BEFORE APPOINTMENT

Afternoon & Evening: Clear liquids after lunch (i.e., water, coffee or tea (no cream), clear soup, broth, bouillon, apple juice, cranberry juice, grape juice, Gatorade, plain Jell-o, or popsicles. **NO MILK OR MILK PRODUCTS.**

ONE DAY BEFORE APPOINTMENT

Morning	Clear liquids for breakfast
Lunch	Clear liquids for lunch
12:30 PM	Drink 8 oz of citrate of magnesium – discard the remaining 2 oz
1:00 PM	8 oz of fluid
3:00 PM	Take two (2) Bisacodyl tablets with a large glass of water
4:00 PM	8 oz of fluid
5:00 PM	Liquid dinner - clear soup, plain gelatin, 8oz of fluid
6:00 PM	8 oz of fluid
9:00 PM	8 oz of fluid
10:00 PM	Insert one (1) suppository into rectum. Remove suppository from protective metal covering, insert suppository into your rectum and push as high as possible. Retain suppository for at least 15 minutes, even if the urge is strong to evacuate. Bowel evacuation usually occurs within 15-60 minutes.
11:00 PM	8 oz of fluid

DAY OF APPOINTMENT

Clear Liquids ONLY for breakfast

If you have any questions please call 253-841-4353