



## Bowel Cleansing Prep

Your package will contain:

- One (1) Unit dose Bottle of Magnesium Citrate *oral solution* (Saline Laxative)
- One (1) Bisacodyl Suppository USP 10mg (Stimulant Laxative)
- Four (4) Bisacodyl Tablets (enteric coated) USP 5mg each (Stimulant Laxative)

*You may chill Magnesium Citrate if you desire*

### Directions

This kit will prepare you 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.

### 24 Hour Bowel cleansing preparation:

#### DAY BEFORE PROCEDURE (Check off as completed)

- **Breakfast:** Clear Soup (any broth); Strained fruit juices without pulp; flavored gelatin that is not red (Do not add extra ingredients); popsicles, soft drinks, black coffee or plain tea.
- **Noon:** Clear Soup (any broth); Strained fruit juices without pulp; flavored gelatin that is not red (Do not add extra ingredients); popsicles, soft drinks, black coffee or plain tea.
- **1:00 P.M.:** Drink one (1) full 8 fl oz glass of water.
- **2:00 P.M.:** Drink one (1) full 8 fl oz glass of water.
- **3:00 P.M.:** Drink one (1) full 8 fl oz glass of water.
- **4:00 P.M.:** Drink one (1) full 8 fl oz glass of water.
- **5:00 P.M.:** Clear Soup (any broth); Strained fruit juices without pulp; flavored gelatin that is not red (Do not add extra ingredients); popsicles, soft drinks, black coffee or plain tea.
- **5:30 P.M.:** Drink entire contents of Magnesium Citrate bottle. This product generally produces a bowel movement in 30 minutes to 6 hours.
- **6:00 P.M.:** Drink one (1) full 8 fl oz glass of water.
- **7:00 P.M.:** Drink one (1) full 8 fl oz glass of water.
- **7:30 P.M.:** Take all four (4) Bisacodyl tablets with one (1) full 8 oz glass of water. **DO NOT CHEW TABLETS.**
- **8:00 P.M.:** Drink one (1) full 8 fl oz glass of water.
- **9:00 P.M.:** Drink one (1) full 8 fl oz glass of water. Do not eat after 9:00 P.M.

#### DAY OF PROCEDURE -DO NOT EAT OR DRINK ANYTHING

- At least **two hours** before the examination unwrap the Bisacodyl suppository and discard the wrapper.
- While lying on your side with thigh raised, insert the suppository into the rectum and gently push in as far as possible.
- Retain the suppository for at least 15 minutes, if possible, before evacuating, even if the urge is strong. Bowel evacuation usually occurs within 15 to 60 minutes. Patients requiring assistance should have a bed pan, commode or help readily available.