

Bowel Cleansing Prep System for Patients

This kit is for use as part of a bowel cleansing regimen in preparing the colon for an X-ray examination. Please purchase the following items from your pharmacy:

- (1) 10 oz. bottle of magnesium citrate saline laxative oral solution (Can take one dose of Miralax instead of magnesium citrate if needed, follow Miralax dosing on package)
- (4) 5 mg bisacodyl tablets, USP
- (1) 10 mg bisacodyl suppository, USP

Directions:

The kit 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 physician.

Following these instructions will provide the best results and avoid having to repeat the procedure. Individual responses to laxatives may vary so remain close to toilet facilities once you have started the bowel cleansing procedure.

24-Hour Bowel Cleansing Preparation:

NOTE: A high fluid intake is required for this preparation. Drink at least one (1) full 8 ounce glass of water at each of the times specified. **DO NOT USE MILK, CREAM OR NON-DAIRY CREAMER.**

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); 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); soft drinks, black coffee or plain tea.
- 1 pm:** Drink one (1) full 8 ounce glass of water.
- 2 pm:** Drink one (1) full 8 ounce glass of water.
- 3 pm:** Drink one (1) full 8 ounce glass of water.
- 4 pm:** Drink one (1) full 8 ounce glass of water.
- 5 pm:** Clear soup (any broth); strained fruit juices without pulp; flavored gelatin that is not red (do not add extra ingredients); soft drinks, black coffee or plain tea.
- 5:30 pm:** Drink the entire bottle of the 10 oz magnesium citrate saline laxative oral solution.
This product generally produces a bowel movement in 30 minutes to 6 hours.
- 6 pm:** Drink one (1) full 8 ounce glass of water.
- 7 pm:** Drink one (1) full 8 ounce glass of water.
- 7:30 pm:** Peel the backing off the packet of bisacodyl tablets and remove the four (4) enclosed tablets.
Take all four tablets with one (1) full 8 ounce glass of water. Do not chew the tablets. Please carefully review the warnings on the bisacodyl tablet package. The tablets are to be taken two hours after drinking the magnesium citrate saline laxative oral solution. Bisacodyl tablets usually produce bowel movement in 6-12 hours.
- 8 pm:** Drink one (1) full 8 ounce glass of water.
- 9 pm:** Drink one (1) full 8 ounce 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 foil wrapper from the Bisacodyl suppository and discard the foil.**
- **While lying on your side with thigh elevated, 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.**

