Bowel Prep

Your caregiver has ordered exams that will require you to clean out your lower bowel (*intestine*). To do this, you have been given medicine to make your bowels move.

- Laxative medicines include:
  - Magnesium citrate.
  - Dulcolax tablets.
  - Suppository medicine (*solid, meltable medicine, inserted in the rectum*).
- Enemas (*liquid medicine, injected in the rectum*) are also sometimes needed.

INSTRUCTIONS

- Take your medicine as prescribed.
- Consume only clear liquids starting from noon on the day before your exam. Examples of clear liquids are:
  - Clear soup.
  - Jello.
  - Juices.
  - Tea.
  - Water.
- Do not eat or drink anything the morning of your exam, unless your caregiver approves.
- Contact your caregiver or the x-ray department if you have any questions.

Document Released: 01/25/2006 Document Re-Released: 01/09/2011
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