

BOWEL PREPARATION

It is essential that your intestine be thoroughly cleansed before your exam. Even a small amount of stool within the intestine can hide abnormalities. Inland Imaging will provide you with a preparation kit prior to your exam. This kit will contain laxatives and a suppository.

The morning two days before your exam:

Begin your preparation kit. It is important that you follow your preparation kit instructions carefully. Drink at least six to eight glasses of fluid throughout the day. You can expect abdominal cramps and loose bowel movements.

Begin your liquid only diet, which you will continue throughout the two days prior to your exam. See below for the list of permitted liquids.

The day before your exam:

Continue your preparation kit (instructions will be included with the kit). Again, expect abdominal cramps and loose stools. Continue the liquid diet until midnight.

The day of your exam:

Do not eat or drink anything the morning of your exam.

Insert the suppository at 6:30 a.m. according to instructions provided with the kit. This should produce one final bowel movement. Any additional stooling should be clear yellow or green without solid stool.

Precautions:

If you are diabetic and require insulin, contact your doctor before starting the preparation.

If you have been diagnosed with an inflammatory condition of the gastrointestinal tract, such as Crohn's disease or ulcerative colitis, consult your physician for substitute laxative choices.

If you have chronic diarrhea, discuss the preparation with your physician.

Liquid Diet (starting at midnight the day before your test):

Drink as many clear liquids as you like. Drink only clear liquids for breakfast, lunch, dinner and snacks.

Clear liquids include:

- Gatorade®, Powerade® (sports drinks with electrolytes are recommended to help with hydration)
- Water, tea, or coffee (no cream or milk; sugar or honey is okay to add)
- Vitaminwater®, Crystal Light®
- Bouillon or broth (chicken, beef, or vegetable)
- Jell-O®, Popsicles® (no fruit or cream added)
- Apple, white grape, or white cranberry juice (no orange, tomato, grapefruit, or prune juice)
- Soda such as Sprite®, 7-Up®, ginger ale, or any cola
- Clear hard candy, gum
- Lemonade (with no pulp), iced tea
- Do not eat any solid foods.
- Drink plenty of fluid to avoid dehydration. Fluids also help make the laxative in the bowel prep kit more effective.
- Avoid red liquids (e.g. red Jell-O® or cranberry juice).



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