



## BARIUM ENEMA/CT COLONOSCOPY PREP

### **Purchase at Pharmacy/Grocery store:**

- Magnesium Citrate (2 bottles – NOT CHERRY)
- Miralax (small bottle)
- Gatorade or other sports drink (at least one quart)
- Fleets enema or Dulcolax suppository
- Baby wipes (optional)

### **For CT COLONOSCOPY pick up Tagitol from InHealth Imaging.**

### **TWO DAYS PRIOR TO PROCEDURE:**

- Take one dose of Miralax, in the evening, dissolved in juice or water.
- Drink 6-8 glasses of clear liquids to ensure hydration. (ex: water, tea, juice, black coffee, bouillon, Gatorade, soda, beverages you can see through)
- **Avoid: red food dyes, pulp, milk, or milk products.**

### **ONE DAY PRIOR TO PROCEDURE:**

- **Clear liquids only.** (Do not eat food) Drink plenty of fluids throughout the day, including at least one quart of Gatorade, or some other sports drink.
- Take one dose of Miralax in the morning and afternoon, with additional doses as needed to assure that the bowel is cleansed.
- Drink one bottle Magnesium Citrate, as early in the day as possible, and the second bottle 1-2 hours later.
- Drink a gallon (16 (8 oz) glasses) of clear liquids, over a 4-6 hour period, after the Magnesium Citrate. This helps flush the bowel.
- Your goal is to have **clear watery diarrhea – no brown color, sediment, or stool!**
- Baby wipes help avoid anal irritation.
- Drink one bottle of Tagitol at bedtime.

### **DAY OF PROCEDURE:**

- If you are not clear, use a fleets enema or Dulcolax suppository.
- Drink one bottle of Tagitol.
- **DO NOT EAT ANYTHING.** You may have up to 8oz of clear liquids (no coffee) 6 hours prior to your arrival time.
- Take all high blood pressure, cardiac and reflux/GERD medications with a sip of water.
- **DO NOT TAKE DIURETICS, VITAMINS, OR DIABETIC MEDICATIONS.**

**DIABETICS:** check with your primary care physician about maintaining your insulin/blood sugar levels during the prep.