



CT COLONOSCOPY PREP

Purchase at Pharmacy/Grocery store:

- One 10oz bottle of **Magnesium Citrate**
- Four 5mg **Bisacodyl** oral tablets (Commonly sold as **Dulcolax** or **Carter's Little Pills**)
- Gatorade or other sports drink (at least one quart)
- One 10mg **Dulcolax suppository**
- Baby wipes (optional)

Pick up **Tagitol** from **InHealth Imaging**.

ONE DAY PRIOR TO PROCEDURE:

- **Liquid diet only.** (Do not eat food) Drink at least **one 8oz glass of water or sports drink every hour throughout the day**, one quart of which should be substituted for a sports drink. (2 quarts total of hydrating fluids)
- Around **5pm** drink the 10oz bottle of **Magnesium Citrate**.
- Around **7pm** take **all four 5mg Bisacodyl tablets**.
- The ideal goal is to have **clear watery diarrhea, free of brown color, sediment, or stool**.
- Baby wipes help avoid rectal irritation.
- Drink one bottle of **Tagitol at bedtime**.
- Do not eat and avoid drinking anything after midnight. **A small amount of water to take medications is permitted.**

DAY OF PROCEDURE:

- Upon waking drink one bottle of **Tagitol**.
- At least **2 hours prior** to procedure use the 10mg Dulcolax suppository.
- **DO NOT EAT ANYTHING.** You may have up to 8oz of liquids 6 hours prior to your arrival time.
- Do not take any medications the day of the exam. Bring your medications with you and take them immediately following the virtual colonoscopy.

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