



You will need to obtain the following prep items for your exam. They should be readily available at any drugstore/pharmacy:

- Magnesium citrate (8 fluid oz.)
- Bisacodyl tablets, 5 mg (4)
- Bisacodyl suppository

Please follow these instructions for prep. A high fluid intake is required. Please drink at least 8 oz. of water at each step. **Do not use milk, cream, or non-dairy creamer.**

The prep begins the day before your scheduled procedure:

- **Breakfast:** Clear soup (any broth); strained fruit juice without pulp; flavored gelatin (not red); soft drink, black coffee, or plain tea.
- **Noon:** Clear soup (any broth); strained fruit juice without pulp; flavored gelatin (not red); soft drink, black coffee, or plain tea.
- **1:00 P.M.** 8 oz of water.
- **2:00 P.M.** 8 oz of water.
- **3:00 P.M.** 8 oz of water.
- **4:00 P.M.** 8 oz of water.
- **5:00 P.M.** Clear soup (any broth); strained fruit juice without pulp; flavored gelatin (not red); soft drink, black coffee, or plain tea.
- **5:30 P.M.** Drink the 8 oz. of magnesium citrate. This generally produces a bowel movement within 30 minutes to 6 hours.
- **6:00 P.M.** 8 oz of water.
- **7:00 P.M.** 8 oz of water.
- **7:30 P.M.** Take the 4 Bisacodyl tablets. **Do not chew tablets.** This generally produces a bowel movement within 6 to 12 hours.
- **8:00 P.M.** 8 oz of water.
- **9:00 P.M.** 8 oz of water. **Do not eat after 9:00 P.M.**

The day of your procedure: **Do not eat or drink anything.**

Use the suppository only if loose watery stool has NOT occurred by the morning of the exam. If the suppository is needed, follow the directions below.

- At least 2 hours before your scheduled appointment unwrap the Bisacodyl suppository.
- While lying on your side with thigh raised, 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 generally occurs within 15 to 60 minutes.