

Patient Instructions

Patient's name

Date of procedure

Time of procedure

One Day Bowel Prep

- Barium enema (Colon)
- Intravenous Pyelogram (IVP)
- Sigmoidoscopy

On the Day before your exam:

- Have only a clear liquid diet (see below)
- **At 1:00 p.m.**
Take two of the Dulcolax tablets* with 1 bottle of Magnesium Citrate* followed by three 12oz. glasses of liquid from the list below.
- **At 7:00 p.m.**
Take two of the Dulcolax tablets* with 1 bottle of Magnesium Citrate* followed by three 12oz. glasses of liquid from the list below.

If your exam is in the morning:

- After midnight, do not eat or drink anything until after your exam.

If your exam is in the afternoon:

- You may have clear liquids in the morning, then nothing until after your exam.

**Available without a prescription at either Christie Clinic pharmacy.*

Clear Liquid Diet

7-UP®	water
Sprite®	beef or chicken broth
Slice®	hot or iced tea
Squirt®	apple juice
Ginger ale	Gatorade® or other sports drinks

You may eat Popsicles® or plain Jell-O® – any flavor without red coloring and no fruit added.