



The way you *should* be treated.

1900 Silver Cross Blvd., New Lenox, IL 60451

**X-Ray Department: (815) 300-1099**

## Silver Cross Hospital Radiology Department Bowel Cleansing Prep

**Please purchase the following medications at your local pharmacy. If you have any difficulty locating them in your store, consult with the pharmacist or store manager. These items should be routinely stocked in most pharmacies.**

**1 Bottle of Magnesium Citrate 10 oz  
4 Bisacodyl (Dulcolax) Tablets 5mg  
1 Bisacodyl (Dulcolax) Suppository 10mg**

### **The day before the procedure:**

A non-residue diet is required beginning approximately 24 hours before your procedure. This may consist of clear soup, plain gelatin, liquid non-pulpy unsweetened juice, black coffee or tea without milk or sugar. **DO NOT DRINK ANY MILK OR CREAM.**

It is important that you follow and complete all instructions carefully. Following these instructions will provide the best results and avoid having to repeat the procedure.

**Breakfast:** Clear soup (any broth), strained fruit juices (no pulp), flavored gelatin that is not red, soft drinks, black coffee or plain tea.

**Lunch (Noon):** same as breakfast.

**Drink:** a full 8 oz. glass of water at 1 pm, 2pm, 3pm, 4pm, and 5pm.

**Dinner (5pm):** same as breakfast

**5:30pm:** Drink entire bottle of Magnesium Citrate Oral Solution. This generally produces a bowel movement in 30 minutes to 6 hours.

**Drink:** a full 8 oz glass of water at 6pm and 7pm.

**7:30pm:** Peel the backing of the Bisacodyl tablets and remove the 4 tablets. Take all 4 tablets with a full 8 oz. glass of water. **DO NOT CHEW TABLETS.**

**Drink:** a full 8 oz. glass of water at 8pm and 9pm.

### **The day of the procedure:**

**Do not eat anything on the day of your procedure.** You may drink water or clear liquids.

At least 2 hours before your procedure, unwrap the foil wrapper from the suppository and discard the foil wrapper. Insert the suppository into your 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 usually occurs within 15 to 60 minutes. Patients requiring assistance should have a toilet, bed pan or assistance readily available.

*If you have a colostomy, do not use the suppository.*