

PREP INSTRUCTIONS FOR ENEMA PROCEDURE

PLEASE READ ALL INSTRUCTIONS AT LEAST TWO DAYS BEFORE YOUR ENEMA EXAMINATION.

You will need to obtain **THREE(3) DULCOLAX LAXATIVE TABLETS (NOT STOOL SOFTENER), ONE FLEETS ENEMA, AND ONE(1) BOTTLE OF CITRATE OF MAGNESIA** at any pharmacy. These laxatives are over the counter preparations, and you will not need a prescription.

NOTE: Individual responses to laxatives do vary. This prep may cause multiple bowel movements. The laxative often works within 30 minutes, or may take as long as three hours. Please remain within easy reach of toilet facilities.

THE DAY BEFORE THE EXAMINATION

1. Drink only “clear liquids” for breakfast, lunch, and dinner. Solid foods, milk, or mild products are not allowed. Nothing red or orange.

Clear Liquids Include:

Strained fruit juices without pulp (apple, white grape included)
Water
Clear broth or bouillon
Coffee or tea (with non-dairy creamer)

2. **4:00 PM**
Drink one bottle of Citrate of Magnesia AND 8 ounces of clear liquids.
3. **5:00 PM**
Drink 8 ounces of clear liquids.
4. **7:00 PM**
Take 3 Dulcolax tablets
5. Drink at least 3 more 8 ounce portions of “clear liquids” before retiring for the night, more if desired.

DAY OF THE EXAMINATION

1. Nothing to eat or drink on the day of the examination.
2. Fleets enema morning of the examination. At least 2-3 hrs prior to arrival time.
3. Do not bring any valuables with you.