



Bowel Cleansing Prep For CT Colonography

Directions: This kit will help you prepare for your procedure by cleansing your lower intestinal tract. It is important to follow and complete these directions carefully. Take only the medications, foods, and fluids in the amounts specified, and at the times shown, unless otherwise instructed by your doctor or healthcare provider. Following these instructions will provide the best results and avoid having to repeat the procedure. Individual responses to laxatives may vary, so remain close to bathroom facilities once you have started the bowel cleansing process.

Please Note: A high fluid intake is required for this preparation. Drink at least 8 oz of water at each of the times specified. **Do not use milk, cream, or non-dairy creamers.**

Additional Items: In addition to the prep provided to you by RIMI, you will also need:

- One 8.3 oz (238 grams) bottle of MiraLAX or a generic brand equivalent. This can be purchased at your local pharmacy or grocery store.
- Two 32 oz bottles of Gatorade (avoid flavors with red dye) or two Gatorade G2 (avoid flavors with red dye) if you are diabetic.

Preparation: Mix half of the bottle of MiraLAX (119 grams) in each of the 32 oz Gatorade bottles until fully dissolved. Keep cool in the refrigerator. **Do not add ice or freeze.**

Breakfast	Options include clear soup (any broth), strained fruit juices without pulp, or flavored gelatin that is not red (do not add any extra ingredients). Soft drinks, black coffee, or plain tea.
12:00 PM (Noon)	Options include clear soup (any broth), strained fruit juices without pulp, or flavored gelatin that is not red (do not add any extra ingredients). Soft drinks, black coffee, or plain tea.
1:00 PM	Drink at least 8 oz of water.
2:00 PM	Drink at least 8 oz of water.
3:00 PM	Drink the first bottle of Gatorade mixture. Consume 8 oz of the mixture every 10 minutes for a total of four glasses. 10 minutes later, drink 8 oz of a clear liquid every 10 minutes for a total of two glasses. (Time does not have to be exact, just be sure to drink all fluids).
4:00 PM	Drink at least 8 oz of water.
5:00 PM	Options include clear soup (any broth), strained fruit juices without pulp, or flavored gelatin that is not red (do not add any extra ingredients). Soft drinks, black coffee, or plain tea.
5:30 PM	Drink at least 8 oz of water.
6:00 PM	Drink the second bottle of Gatorade mixture. Consume 8 oz of the mixture every 10 minutes for a total of four glasses. 10 minutes later, drink 8 oz of a clear liquid every 10 minutes for a total of two glasses, followed by one half 450 mL bottle of Redit-cat with 8 oz of water (this product usually produces a bowel movement within the first 30 minutes to 6 hours).
7:00 PM	Mix one bottle (30 mL) of Gastroview* with 8 oz of water and drink.
7:30 PM	Take all four Bisacodyl tablets with 8 oz of water. Do not chew tablets. (See Warnings, Bisacodyl Tablets). Bisacodyl tablets generally produce bowel movements in 6 to 12 hours.
8:00 PM	Drink at least 8 oz of water.
9:00 PM	Drink at least 8 oz of water. Do not eat after 9:00 PM.
Procedure Day	2 hours before your exam mix one bottle (30 mL) of Gastroview* with 8 oz of water and drink.

**Gastroview and Gastrografin are interchangeable medications (we carry varying brands).*