Preparations: The following are routine adult preparations. If you & your doctor feel they are not indicated for you, please call for alternative instructions.

Clear liquids include: Water, tea, coffee (no cream), soft drinks, bouillon, Jello (no fruit), apple juice, cranberry juice, ice popsicles.

Esophagram, UGI or Small Bowel: Nothing to eat or drink after midnight.

Barium Enema or ACBE
Noon - Begin clear liquid diet: water, tea, coffee, yellow gelatin, clear sodas, and broth. No alcoholic beverages, bread, fruit, vegetables, milk, milk products, or artificial milk products. Drink 8 to 10 glasses of water during the day to help ensure a successful colonoscopy procedure.
4:00pm - Drink one whole bottle of Magnesium Citrate (10 oz.)
5:00pm - Clear liquid supper.
6:00pm - Take up to 4 Dulcolax (bisacodyl) tablets (if not contraindicated). Do not chew or crush. Tablets should be swallowed whole and not taken within an hour of antacids or milk.
Midnight - Do not eat or drink after midnight (may take regular medications, if any, with a small amount of water.)
5:30am - Insert Dulcolax (bisacodyl) suppository in rectum & retain for 20 minutes, if possible.
Day of Examination - No breakfast (may take regular medication, if any, with a small amount of water)

Colostomy Prep
Take 1 oz. of Milk of Magnesia 2 nights prior to your exam. Take 1 oz. of Milk of Magnesia the night before your exam. Do not eat or drink anything after midnight the night before the exam.

Myelogram
Only clear liquids after midnight before your myelogram. You may take pain medications or birth control pills. Bring other medications with you, but do not take any other medicines (unless asked to) before the myelogram. Diabetics - do not take your medications, but bring them with you. Please arrive at 7:00am at 10 Doctors Park. Everyone must have a driver. If no one is staying here with you, bring food to eat.

Epidural Steroid Injection
Only clear liquids 4 hours prior to injection. Must bring a driver.

CT – Oral Prep
Mix Omnipaque 240 with 40 oz. of clear liquids. Drink mixture 90 minutes before your exam. If your exam is in the morning, you may have clear liquids for breakfast. If you exam is in the afternoon, you may eat a regular breakfast and then only clear liquids 5 hours prior to exam.

Ultrasound
Abdominal, Aorta, Biopsy or TIPS Evaluation: Do not eat or drink after midnight.
Pelvic: Empty bladder. Ninety minutes before your exam, start drinking 1-1.5 quarts of liquid. If you weigh over 150 lbs., drink 2 quarts. Do not empty bladder again until your exam is completed. Most pelvic and early obstetrical studies include an endo-vaginal ultrasound exam.
OB Ultrasound: Follow pelvic prep instructions for up to 20 weeks gestation. After 20 weeks gestation, drink only 1 quart.
Renal Ultrasound: One hour prior to exam empty bladder. Drink 1 quart non-carbonated liquid. Do not empty bladder.
Renal Transplants: One hour prior to exam empty bladder. Drink 1 quart non-carbonated liquid. Do not empty bladder.

Nuclear
Liver or Spleen Scan: Your abdomen should not have barium from x-ray studies, otherwise, no prep.
Hepatobiliary Scan: No food or drink 4 hours prior to exam.
1-131 Therapy / Ablation: Drink only liquids the morning of treatment.
Thyroid Scan: Must be off thyroid medication for at least 5 weeks prior to scan. Do not have any x-ray exams using contrast materials containing iodine for 1 month prior to exam.
Parathyroid: None.
Bowel Imaging: Do not eat or drink 6 hours prior to exam.
Meckels Scan: No laxatives or enemas 6 hours prior to exam.