

Lower GI: How to Prepare for Your Exam

This handout gives instructions for most patients who are having a lower GI exam at University of Washington Medical Center.

How should I prepare for the exam?

You do not need to prepare for this exam in a special way if you have a Hartmann's pouch, J pouch, another intestinal device, or if the exam is for an ileostomy takedown.

Please talk with your primary care provider before you follow these instructions if you have any of these conditions: kidney disease, abdominal pain that causes cramps, severe diarrhea, severe intestinal bleeding, or inflammatory bowel disease.

- Tell your doctor about any recent illnesses or other medical conditions, as well as any allergies to medicines you might have.
- Tell your doctor or X-ray technologist if you are pregnant or if there is any chance you are pregnant.
- Buy these 3 items at your pharmacy (you do not need a prescription):
 - 8-oz. bottle of liquid magnesium citrate laxative
 - Package of Dulcolax tablets
 - Package of Dulcolax suppositories

When you get home, put the magnesium citrate in your refrigerator. It will taste better when it is cold.

For 2 Days Before Your Exam

- **Have only clear liquids (fluids you can see through). Do NOT drink any other liquids or eat solid foods.**
- For meals, you may have clear broth, clear or strained fruit juices (no pulp), tea, coffee, carbonated beverages, or Jell-O.



You may have only clear liquids (fluids you can see through) for 2 days before your exam.

On the Day Before Your Exam

On the day before your exam, follow these guidelines. **This is in addition to the clear liquids you are already drinking.**

- **1 p.m.:** Drink 8 oz. clear liquid.
- **2 p.m.:** Drink 8 oz. bottle of magnesium citrate laxative (cold).
- **3 p.m.:** Drink 8 oz. clear liquid.
- **6 p.m.:** Take 4 Dulcolax tablets with 8 oz. of clear liquid, by mouth.
- **7 p.m.:** Drink 8 oz. clear liquid.
- **10 p.m.:** Drink 8 oz. clear liquid.
- **Bedtime:** Drink 8 oz. clear liquid.

On the Day of Your Exam

- In the morning, drink at least 8 oz. of coffee, tea, or clear or strained fruit juice (no pulp), but do **not** have anything else.
- 2 hours before leaving for your exam:
 - Insert 1 Dulcolax suppository into your rectum.
 - Wait at least 15 minutes before using the toilet.
- Come to the Radiology department at your appointment time.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

- UW Medicine Imaging Services: 206.598.6200
- Harborview Radiology: 206.744.3105