

How to prepare for Fluoro procedures

(NPO=nothing by mouth)

All Patients having procedures at IMI must have an order form or a prescription from their referring physician. Please arrive 15 minutes prior to your exam and wear loose fitting clothing. You may be asked to change into a gown if your clothing interferes with the exam or the images

If the exam you are having is not listed and you have questions, please call 352-637-6100 option 2

<p>BE or Barium Enema: Purchase at your Pharmacy at least 2 days prior to your exam</p> <ol style="list-style-type: none">1. One 238-gram bottle of MiraLAX over the counter.2. Two Dulcolax laxative tablets 5mg over the counter. (no suppositories)3. One 64-ounce bottle of Gatorade. (Diabetics may substitute Pedialyte) <p>The day before your exam:</p> <ol style="list-style-type: none">1. Clear Liquid Diet – It is very important to drink plenty of clear liquids throughout the entire day. Do not eat any solid food.2. Follow the schedule in the table below for your bowel prep. Plan to remain within easy reach of the restroom. You will have many bowel movements throughout the day. They will become very watery. The bowels are clear or clean when there is only pale-yellow fluid without flecks of stool. <p>Noon: Open your 64-ounce bottle of Gatorade and discard 10 ounces from the bottle. Then empty the 238-gram bottle of MiraLAX into the bottle of Gatorade. Cap the bottle and shake to dissolve the powder then refrigerate.</p> <p>3pm to 5pm: Take 2 Dulcolax tablets with a glass of water.</p> <p>5pm to 7pm: Start to drink the MiraLAX solution. Drink one 8oz glass every 15 minutes until solution is gone. * If you have mild discomfort or bloating stop drinking for a while or wait longer between drinks.</p> <p>Midnight: Do not eat or drink anything until your test is completed.</p> <p>**BE IMPORTANT TIPS</p> <p>If you are diabetic: If you take insulin, contact the prescribing physician for instructions. If you take oral medications for diabetes, you should not take them the night before or the morning of the exam. This should be verified with the prescribing physician.</p> <p>BE prep continued above</p>	<p>Clear liquid diet list:</p> <p>Soft drinks – regular or diet sodas (Ginger ale, cola, Sprite, 7-up, etc.). Ginger ale may help to settle the stomach. Sport or power drinks with electrolytes may be helpful. You may wish to dilute to decrease sweetness. Strained fruit juices without pulp (apple, white grape, iced teas) NO ORANGE JUICE! Water, clear flavored waters or seltzer Black tea or coffee – No milk of non-dairy creamer. You may have any type of sugar or sweetener. Fat free chicken or beef broth (prefer low sodium) Hard candies (lifesavers, etc.) Plain Jell-O – No fruits or toppings Popsicles, Italian Ice – NO sherbets or fruit bars</p> <p>Your body loses a significant amount of fluid during bowel preparation. In order to prevent dehydration, it is important to supplement fluid loss with clear liquids. Make a conscious effort to drink as much as possible before and during the preparation.</p> <p>UGI and/or Small Bowel Study: NPO after midnight</p> <p>Barium Swallow: Nothing to eat an hour before exam</p> <p>IVP: Drink 10 Ounces of Magnesium Citrate (cold) the night before the exam, clear liquids only after midnight up to the time of the exam.</p> <p>Myelography:</p> <p>Patient will be at the facility for 5 hours, 4 of which will be laying still and flat. Patient must have a driver to and from facility. Patient must have someone staying with them the night after the procedure. No solid food after midnight. Morning medications can be taken with clear liquids.</p> <ul style="list-style-type: none">• Patient must be off all blood thinners 5 days prior to study. (coumadin/Heparin, etc.)• Patients on Plavix must be off of it for 7 days.
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