



LO-SO E-Z-EM Prep Kit Instructions

OSF Saint Francis Outpatient Facility Diagnostic Radiology

Welcome:

We would like to welcome you to an OSF Saint Francis Outpatient Facility Diagnostic Radiology Department.

The day before the procedure:

A non-residue diet is required beginning 24 hours before the procedure. This may consist of clear soup, plain gelatin, liquid non-pulpy unsweetened juice, sugar-free soda, black coffee or tea without sugar or milk.

Do not drink any milk or cream.

Be sure to read all the accompanying directions and warnings thoroughly before using this kit. If you have any questions, please contact your doctor.

Follow these directions for LO-SO E-Z-EM Prep Kit #3076:

The LoSo Prep kit will help you prepare for your procedure by cleansing your lower intestinal tract. It is important that you follow and complete all directions carefully.

Take only the medications, foods, and fluids in the amounts specified, and at the times shown, unless otherwise instructed by your physician.

Following these instructions will provide the best results and avoid having to repeat the procedure. Individual responses to laxatives may vary.

Breakfast:

Clear soup (any broth); strained fruit juices without pulp; flavored gelatin that is not red (do not add extra ingredients); soft drinks, black coffee or plain tea.

Noon:

Clear soup (any broth); strained fruit juices without pulp; flavored gelatin that is not red (do not add extra ingredients); soft drinks, black coffee or plain tea.

1 P.M.: Drink one (1) full 8 ounce glass of water.

2 P.M.: Drink one (1) full 8 ounce glass of water.

3 P.M.: Drink one (1) full 8 ounce glass of water.

4 P.M.: Drink one (1) full 8 ounce glass of water.

5 P.M.: Clear soup (any broth); strained fruit juices without pulp; flavored gelatin that is not red (do not add extra ingredients); soft drinks, black coffee or plain tea.

5:30 P.M.: Slowly add contents of the packet of magnesium carbonate, citric acid, and potassium citrate for oral solution to 8 ounces of cold water in a large glass (minimum 16 fl ounce capacity). Stir gently. After effervescence (fizzing) stops, stir gently and drink entire contents of glass. This product general produces a bowel movement in 30 minutes to 6 hours.

6 P.M.: Drink one (1) full 8 ounce glass of water.

7 P.M.: Drink one (1) full 8 ounce glass of water.

7:30 P.M.: Peel the backing off the packet of bisacodyl tablets and remove the four (4) enclosed tablets. Take all four tablets with one (1) full 8 ounce glass of water. Do Not Chew Tablets. (See

Warnings: Bisacodyl Tablets). The tablets are to be taken two hours after drinking the Magnesium Carbonate, Citric Acid, and Potassium Citrate for Oral Solution. Bisacodyl tablets usually produce bowel movement in 6-12 hours.

8 P.M.: Drink one (1) full 8 ounce glass of water.

9 P.M.: Drink one (1) full 8 ounce glass of water. Do not eat after 9:00 P.M.

Day of Procedure- Do Not Eat or Drink Anything:

- If you have a colostomy, you should not use the suppository.
- At least two hours before the examination, unwrap the foil wrapper from the bisacodyl suppository and discard the foil.
- While lying on your side with thigh elevated, insert the suppository into the rectum and gently push in as far as possible.
- Retain the suppository for at least 15 minutes, if possible, before evacuating, even if the urge is strong.

Bowel evacuation usually occurs within 15 to 60 minutes. Patients requiring assistance should have a bed pan, commode or help readily available.