

Instruction Sheet for Pre procedure Preps

Fleets Enema

Follow directions on Fleets enema box.

On _____

On _____

Magnesium Citrate

Drink contents of bottle on _____

- Clear liquids only after drinking Magnesium Citrate prep
- No solid foods throughout the evening
- Continue to drink **extra** amounts of clear liquids throughout the remainder of the day until midnight.

Chlorhexidine Douche

On _____

- Close douche bag clamp
- Fill bag with warm water. Add 2 tablespoons of chlorhexidine solution. Mix well.
- Fill tubing with solution.
- You may douche while sitting on the toilet **or** while standing in the shower.
- Position bag about arm's length high.
- Place douche tip into vagina.
- Open clamp and allow solution to empty from bag.

Chlorhexidine Shower

On _____

- Shower using solution as liquid soap.
- Wash from neck down, avoiding using on face.

Clear Liquid Diet

Gatorade, other sports drinks
Tea, Coffee (no milk, creamer)
Apple, Grape, Cranberry juice
Kool-Aid, other fruit flavored powdered drinks
Soft drinks (preferably non caffeinated)
Jell-O
Popsicles
Bouillon, Broth
Salt, sugar, artificial sweeteners
Hard candy, gum
Water, Ice