



## LOMA LINDA UNIVERSITY

Loma Linda University Medical Center  
Department of Radiology  
11234 Anderson St.  
Loma Linda, CA 92354

You are scheduled for a colonoscopy at Pro Plaza CT Suite 103B  
25455 Barton Road, Loma Linda, CA 92354. Enclosed are 3 vials of Tagitol prep. One vial will be taken with each meal starting at breakfast, the day before your exam. You will also need to take a 10oz. bottle of Citrate of Magnesia or Lo-So Prep (Magnesium Carbonate, Citric Acid, and Potassium Citrate for Oral Solution) and 4 Bisacodyl tablets available over the counter at your local pharmacy to be taken as follows.

### **Two days before the exam:**

Eat low fiber light meals for breakfast lunch and dinner.

### **One day before the exam:**

Breakfast the day before – 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. If you cannot tolerate a full day of clear liquids, you may eat a small, low-fiber breakfast. Take one vial of **Tagitol** prep.

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. Take one vial of **Tagitol** prep. If you are taking INSULIN, the dosage may need to be adjusted: consult your doctor.

1:00 PM – Drink one (1) full 8 full oz glass of water

2:00 PM – Drink one (1) full 8 full oz glass of water

3:00 PM – Drink one (1) full 8 full oz glass of water

4:00 PM – Drink one (1) full 8 full oz glass of water

5:00 PM – 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. Take one vial of **Tagitol** prep.

5:30 PM –Take a 10oz bottle of the ***Citrate of Magnesia*** (Magnesium Carbonate, Citric Acid, and Potassium Citrate for Oral Solution) with 8 fl oz of cold water in a large glass Stir gently. *(For Magnesium Carbonate, slowly add one half of the contents to 8 fl. oz. cold water. Use a 16 oz glass to accommodate for fizzing. After effervescence (fizzing) stops, slowly add the remaining contents of the packet to the glass. Stir gently, and wait until effervescence (fizzing) stops. Drink entire contents of the glass).* These products generally produce a bowel movement in 30 minutes to 6 hours.

6:00 PM – Drink one (1) full 8 full oz glass of water

7:00 PM – Drink one (1) full 8 full oz glass of water

7:30 PM – Ingest 4 tablets of ***Bisacodyl*** tablets (total 20mg) with 8oz glass of water

8:00 PM – Drink one (1) full 8 full oz glass of water

Have a clear liquid dinner.

9:00 PM – Drink one (1) full 8 full oz glass of water. Do not eat anything after 9:00 PM

Try to drink one 8oz. glass of water every hour while awake.

**Day of exam:**

The morning of your exam, you may have a clear liquid breakfast.

After clear liquid breakfast, do not eat or drink anything until your exam is complete.

If you are taking INSULIN the dosage may need to be adjusted the day prior and the morning of the test. Contact your physician for instructions regarding dosage.

If you take Blood Pressure or Heart medications, Prednisone or other steroids, do not skip a dose. Take it before 7am with a sip of water.

Thank You