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