

Modified Bowel Prep

This handout will tell you how to prepare for your procedure. **Please read at least one week before your procedure.**

Do not use this prep if you have kidney or heart failure. Please call us right away if you have these problems.

3 Days Before Test

Start a Low Fiber Diet

See “Getting Ready for Your GI Procedure” handout for more information.

Pick up Bowel Prep

- 1 bottle magnesium citrate/10 oz.
- 1 or 2 sodium phosphate enemas (circle number needed).

1 Day Before Test

Start a Clear Liquid Diet

See “Getting Ready for Your GI Procedure” handout for more information.

Mix the Prep

Mix prep as instructed on the jug and place in the fridge.

Medicines

Take your daily medicines **except** those you were told to stop. Take at least one hour before or one hour after drinking your prep.

Bowel Prep

At **2:00 pm**, drink 1 bottle of magnesium citrate. It is best to drink it chilled. It may give you loose stools and some cramping. It could take from 30 minutes – 8 hours to work. You may have frequent bowel movements for several hours after drinking it.

Test Day

Diet

Continue clear liquid diet (**no** red or purple). No solid food.

Medicines

If you need to take medicine during the 4 hours before your test, drink no more than 1/2 cup of water (4 ounces).

Bowel Prep

1 ½ hours before you leave home, give yourself the first enema. If needed, give yourself the second enema ½ hour later.

If you are still passing solid or brown stools, please call the procedure center.

Your stools should be watery clear or yellow with no solids (flecks of stool are OK). You should finish the entire bowel prep solution, no matter the stool color or consistency.

Before the Test

- When you arrive, you can choose if your driver waits in the waiting room or in your private room where they will hear private health information.
- The doctor will talk with you, answer questions, and ask you to sign a consent form.
- A nurse will review your health history, take your vital signs and attach a heart monitor.
- A nurse will place an IV and give you medicines to help you relax and keep you comfortable.
- Your visit will take about 2-3 hours.

After the Test

- Your doctor will review the results and give you a report. We strongly suggest that you have your driver in the room with you to hear the results.
- You may feel tired when you leave.
- Spend the day resting at home. You cannot drive or return to work. You can return to your normal routine the next day.
- It may take up to a week for your bowel habits to return to your normal.
- If you stopped blood thinning medicine before your test, ask your prescribing provider when it can be restarted.

Results

If you have biopsies taken or polyps removed, you can expect to get lab results in 1-2 weeks. Your results will be sent to your MyChart account. If you don't have a MyChart account, someone will call you with results or results will be mailed to you.

To learn more about colon polyps visit:
patient.uwhealth.org/healthfacts/7917

When to Call

- If you are still passing solid stools or your bowels have not started to empty by the morning of your test.
- You have severe cramps.
- You feel dizzy or lightheaded.
- You have constant pain, rectal bleeding and/or a fever.
- If you think you are having an allergic reaction. **If you are having trouble breathing or swallowing, call 911.**

Who to Call

Patient Resources

(If you need help finding a ride to and from your test)
608-821-4144

UW Health Digestive Health Center
(608) 890-5010

UW Health Ambulatory Procedure Center
(608) 263-8094

Meriter/Unity Point
(608) 417-6389

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 10/2025 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7608