

Patient preparation for irigography

- ❖ please do not eat a seed bread 2 to 3 days before the procedure
- ❖ you may eat a light breakfast (tea, toast, spread, sandwich) one day before the procedure
- ❖ prepare 2 x 50 grams of Epsom salt, which can be purchased in a pharmacy. Dissolve one pack of Epsom salt well in a litre of water and drink it at 11 AM. Dissolve the second pack of Epsom salt in a litre of water as well and drink it at 3 PM.
- ❖ please take 3 to 4 litres of chamomile tea, mildly sweet clear fruit juice or water between the two packs of Epsom salt and during the afternoon.

Do not eat anything!

Do not drink milk or coffee!

- ❖ please gently insert Dulcolax laxative suppository into the rectum around 8 AM on the day of the examination and lay on the left side to keep the suppository inside the colon as long as possible
- ❖ you may drink a little bit of sweetened tea if you feel thirsty
- ❖ if you do not tolerate Epsom salt, the proceeding can be done with MOVIPREP (or X-PREP) syrup.

Warning: If you have diabetes, you must not take the syrup!