

How to Prepare for Your Adult IVP Exam

Exam Overview

Your physician has asked us to perform and interpret an I.V.P. for you. This is an x-ray examination of your kidneys, their drainage to your bladder, and your bladder.

For this study to be of greatest value, it is necessary for your bowel to be as clean as possible. For best results, follow the directions below.

Required Preparation

DAY BEFORE EXAM	
5 P.M.	Eat a light supper (i.e., white meat of chicken or turkey, baked potato, Jello, clear fruit juice) and omit all dairy products unless on ulcer diet. Include at least two glasses of water.
8 P.M.	Drink one 10 oz. bottle of Magnesium Citrate (cold).
10 P.M.	Take three Dulcolax (Bisacodyl) tablets with at least two full glasses or more of water. DO NOT CRUSH OR CHEW TABLETS. SWALLOW THEM WHOLE.. DO NOT TAKE TABLETS WITHIN ONE HOUR OF ANTACIDS OR MILK.
DAY OF EXAM	DO NOT EAT OR DRINK ANYTHING.
1 1/2 Hours Before Exam	Use one Dulcolax (Bisacodyl) rectal suppository as follows: 1. Unwrap suppository and insert in rectum. examination 2. Lie on left side for 15 minutes, or longer if possible, and then have a bowel movement.

Report to the office at the scheduled time.

What You'll Need

You will need to purchase the following items from the pharmacy:

- ☐ **One** 10 ounce bottle Magnesium Citrate
- ☐ **Three** Dulcolax tablets (Bisacodyl L)
- ☐ **One** Dulcolax rectal suppository (Bisacodyl L)

The value of the examination for you depends on complete cleansing of your bowel. Occasionally the above laxative products cause multiple loose movements.

Precautions (Read Carefully!)

You may continue taking any medications prescribed by your physician; however, if you take a diuretic (water pill), omit it on the day of the examination.

EXCEPTION: Do Not Take Glucophage

IF YOU ARE A DIABETIC AND REQUIRE INSULIN, PLEASE CONSULT YOUR DOCTOR BEFORE STARTING YOUR PREPARATION.