
GI Exams that Do Not Require Patient to be NPO

- Esophagram
- Modified Barium Swallow
- Sitzmarks Colon Transit

GI Exams that Require Patient to be NPO for 6 Hours

- Upper GI
- SBFT
- Upper GI w/ SBFT

Colon Examination Prep Instructions

- Patients with a diverting ostomy who are undergoing a water-soluble enema examination prior to reconnecting their bowel do not need to undergo bowel prep.
- All other patients undergoing an enema examination are required to undergo bowel prep.
- Bowel prep instructions:
 - Consume only liquids (no solid food) the day prior to the examination.
 - Two options for colon cleansing:
 - #1 Option 1 - As prescribed by the provider who ordered the enema.
 - #2 Option 2
 - Mix 238 grams Miralax (polyethylene glycol) in 64 oz of a sports drink (Powerade/Gatorade).
 - At 12 pm the day prior to examination, beginning drinking 8 oz of the Miralax mixture every 15 mins until it is finished.
 - At 3 pm the day prior to the examination, take 2 bisacodyl (Dulcolax) 5 mg pills.
 - Continued drinking liquids until bedtime.
 - Do not consume anything by mouth after midnight