

University of Texas Southwestern Medical Center
Aston Radiology
IVP Patient Instructions

1. Patient should eat a clear liquid lunch and dinner the day before the test.
2. Patient should drink one (1) 8 ounce glass of water every hour starting at 1:00 p.m. until 6:00 p.m.

CLEAR LIQUIDS ARE AS FOLLOWS:

Fluids you can drink:

Sodas (7-UP, Sprite, Orange Soda, Cola)
Gatorade or Powerade
Apple, cranberry or white grape juice
NO caffeine
Clear soups (i.e., boullion)
Jello (any flavor without fruit – no pudding)

Fluids to avoid:

Milk, chocolate milk or cream
Orange juice
Tomato juice

3. At 7:00 p.m. the night before your test, drink 1 cold bottle of Magnesium of Citrate.
4. At 9:00 p.m. the night before your test, take 4 Dulcolax tabs with four 8 ounce glasses of water.
5. Have nothing to eat or drink after midnight the night before the exam.
6. Use 1 Dulcolax suppository rectally at 6:00 a.m. on the morning of your test.
7. If you are a diabetic:

Do not take insulin on the morning of your exam.

Metformin can be taken but needs creat drawn post exam.

If feasible, check blood glucose on arrival. Please alert the Radiology staff if blood glucose is over 200mg/d.

Upon completion of your exam, make sure you can tolerate food/fluids before injecting insulin.

Please inform the schedulers that you are a diabetic so you can be insured an early morning examination time.

You can buy Magnesium Citrate, Dulcolax tablets and Dulcolax suppositories at your local drugstore without a prescription.