



Dr. Rolando Loría Ruiz
Oncólogo Radioterápico

Rectal preparation

Preparation for simulation tomography.

The day before:

- Breakfast at 7:00 a.m. with diet indicated (<https://drrolandoloria.com/recomendacion/recommended-diet/>).
 - After breakfast continue with soft liquid diet only. Stop taking solid food at least 3 to 4 hours before starting the bowel cleansing. After that time you may only drink “clear liquids”: water, herbal teas, filtered broths, coffee or tea.
 - You should drink plenty of clear liquids during the preparation. Blood pressure, heart or seizure medications **MUST** be taken at the usual time, at least 2 hours before your exam with a sip of water.

Medications for bowel cleansing are taken as follows:

- Take 2 tablets of Anara® (10 mg) orally, 48 hours before the simulation CT.
- Take 2 tablets of Anara® (10 mg) orally, 24 hours before the simulation CT.
- Take orally Magic-Lax® (polyethylene glycol 3350), 24 hours before the simulation CT, the whole content of the bottle in 1 liter of water.

At the end of the preparation, the stool should be liquid and clear. If the quality of your preparation is not adequate, the medical imaging specialist in charge of your CT scan will inform you about the situation and we will proceed to reschedule the appointment.

If the result of your rectal preparation is successful, you should continue with the recommended diet (<https://drrolandoloria.com/recomendacion/dieta-recomendada/>). and wait for confirmation of the date and time of the beginning of your treatment in Radiation Oncology.

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