

Anal Rectal Manometry / Rectal Ultrasound Instructions

PLEASE CALL (310) 517-4754 TO PRE-REGISTER

Instructions the day before your procedure

1. Have only clear liquids the entire day before your exam. Solid foods, milk or mild products are not allowed.

CLEAR LIQUIDS INCLUDE THE FOLLOWING:

- WATER
- STRAINED FRUIT JUICES WITHOUT PULP (ORANGE, APPLE, LEMONADE)
- COFFEE OR TEA (WITHOUT NON-DAIRY CREAMER OR MILK)
- CLEAR CHICKEN OR BEEF BROTH
- CARBONATED AND NON-CARBONATED SOFT DRINKS
- ANY JUICES, JELLOS OR POPSICLES **AS LONG AS THEY ARE NOT RED IN COLOR!!!**

2. At 7:30 p.m.

Mix **one and a half ounces** of Fleet Phospho Soda to one-half glass of 7-Up soda OR Martinelli's Sparkling Apple Cider and drink VERY SLOWLY! Follow with at least four more 8 oz. Glasses of any clear liquid.

3. ADMINISTER THE FIRST FLEETS ENEMA AT LEAST 1 HOUR BEFORE BEDTIME.
4. ADMINISTER THE SECOND FLEETS ENEMA AT LEAST 1 HOUR BEFORE LEAVING FOR YOUR PROCEDURE.
5. **NOTHING BY MOUTH AFTER MIDNIGHT/7:00 A.M.**