



Endometriosis Mapping Ultrasound Bowel Prep

The rectum usually contains gas that obstructs the view and so we ask that you eat only light meals and drink plenty of water the day prior to your appointment. No fasting is required.

You will also need to take the following medication as listed below:

Dulcolax

Take 1 Dulcolax tablet 24 hours before your ultrasound appointment. Dulcolax is a stimulant laxative. It acts directly on the bowels, stimulating the bowel muscles to cause a bowel movement. You will experience some cramping and diarrhea usually a few hours after taking the tablets.

Enema

This is a "mini" enema used to complete the emptying of the last bit of fluid and gas left in the rectum. It contains Phosphate and Sodium Citrate. We ask that you use this 1-2 hours before coming in for the scan.

On the day:

- warm the enema in a glass of warm water
- open the cap of the enema and apply a lubricating jelly or oil. Put gloves on at this point.
- lie down and draw your knees up. Lift one leg slightly and insert the nozzle of the tube gently all the way into the anus and slowly squeeze the plastic tube to pass fluid into the rectum.
- slowly remove the nozzle and then stay lying down and hold for a few minutes and then go to the toilet.

Laxatives are usually contraindicated if you have unusual severe stomach pain, severe constipation or active rectal bleeding. If unsure whether this applies to you, please discuss this with our doctor. No specific interactions with the enema and Dulcolax and other medications are known at this time.