

## KEYSTONE KIDNEY CENTER

### BOWEL PREPARATION FOR EXTRA CORPOREAL SHOCK WAVE LITHOTRIPSY

#### DAY BEFORE TREATMENT:

1. Force Fluids – Drink at least 8 – 8oz glasses of water or clear liquid.
  - a. Drinking this water is to help prevent dehydration when taking the bowel preparation. It also aids in the process of cleaning out your system.
  - b. Clear liquids include, Apple juice, Cranberry juice, White Grape juice, Tea (Hot or Iced), Coffee (Hot or Iced), Ginger Ale, Sprite, 7-UP, Coke or Pepsi, Gatorade or Powerade, Water.
    - i. **DO NOT CONSUME** any Dairy, Juice with Pulp, Coffee Creamer, Half and Half.
  - c. The number of glasses of fluid is in **ADDITION** to all other fluids taken. Patients may drink **MORE** than the number specified, but **NOT LESS**.
2. Eat a light low residue diet throughout the day.
  - a. Consume foods that are considered low residue or Clear Liquids. Foods considered low residue are White Meat Chicken or Turkey, Fish, Eggs, White Bread with NO SEEDS or NUTS (no butter), White Rice, Well Cooked Vegetables without skin or seeds, Bananas, Watermelon, Honey Dew Melon.
  - b. Foods that count as Clear Liquid are, Jell-O, Chicken Broth, Beef Broth, Vegetable Broth.
  - c. **DO NOT CONSUME** any Milk or Dairy products including Cheese, Fruit Juices that contain Pulp, Fruit Nectars, RAW Vegetables, any fruits other than what was mentioned earlier, Fried Foods, Butter, Beef, Pork, Lamb, Whole Grain Cereals or Breads, Green Leafy Vegetables, **CORN**, Popcorn.

#### NO MILK OR DAIRY PRODUCTS ALLOWED

3. At 5pm mix the **MiraLAX 238-gram bottle** with 64oz of a clear liquid (see above). Mix till fully dissolved. Drink an 8oz glass every 15 minutes until solution is gone. MiraLAX can be purchased at any drug store over the counter.
  - a. Once prep is started **DO NOT CONSUME ANY MORE FOOD!**
  - b. You are encouraged to continue to **CONSUME CLEAR LIQUIDS** till midnight.
    - i. **NOTHING TO EAT OR DRINK AFTER MIDNIGHT** – unless otherwise directed by the physician or the nurse.

#### DAY OF TREATMENT:

1. **YOU ARE TO HAVE NOTHING TO EAT OR DRINK**, unless otherwise directed by physician or nurse regarding medications. You may brush your teeth, do not swallow any water.
2. Arrive at the scheduled time, bring your insurance cards and have someone with you to take you home.