Open Internet Explorer. Under the “Tools” menu select “Internet Options”.
When the popup appears, Click on Settings.
On the Temporary Internet Files tab, make sure that “Every time I visit the webpage” is selected.

On the “Caches and Databases” tab, make sure that “Allow website caches and databases” is NOT checked.

Select “OK”
Once you select “OK” on the previous page, you will return to the “Internet Options” page select the “Delete” button.
Once your select the “Delete” button shown on the previous page you will see the following popup menu. Make sure that “Preserve Favorites website data” is **NOT** checked but the next 4 options ARE checked.

Select the “Delete” button.
This will return you to the original “Internet Options” menu. First select the “Apply” button.

The last step is to select the “OK” button.