



## Barium Enema Preparation

The barium enema requested by your physician is an examination of your colon or large intestine. It can be very important in diagnosing disorders of the large intestine. The barium must be given by a Radiologist in the imaging facility. The radiologist will perform the procedure with fluoroscopy and obtain a number of images using X-ray during the enema. The radiologist will interpret the images and the report will be available for the referring physician.

IT IS ESSENTIAL THAT YOUR COLON BE THOROUGHLY CLEANSED FOR THIS EXAMINATION. EVEN A SMALL AMOUNT OF RETAINED STOOL MAY HIDE ABNORMALITIES. IN ADDITION, IF YOUR BOWEL IS COMPLETELY EMPTY, THE BARIUM ENEMA WILL BE LESS UNCOMFORTABLE FOR YOU.

### Preparation Instructions:

#### **Day Prior to Exam:**

Please follow a clear liquid diet the entire day before your examination. Clear liquids include:

- Clear juices without pulp (apple, white grape, pulp free lemonade, white cranberry)
- Water
- Clear broth or bouillon
- Coffee or tea (without milk or non dairy creamer)
- All of the following that are NOT RED OR PURPLE:
  - Gatorade
  - Carbonated and non-carbonated soft drinks (Sprite, 7-Up, ginger ale)
  - Plain Jell-O (without added fruit or toppings)
  - Ice popsicles

Throughout the day, please make sure you drink plenty of liquids to prevent dehydration. The liquids are an important part of the preparation.

**At 5:00 p.m.** drink one (1) 10 ounce bottle of Magnesium Citrate; follow this with 8 ounces of clear liquids. Drink a minimum of three (3) additional 8 ounce glasses of clear liquids throughout the evening.

**At 9:30 p.m.** take (4) Bisacodyl (Dulcolax) tablets with at least one full glass of water.

#### **Day of the Examination:**

**One and one half hours before** you leave for your exam, please use one (1) Dulcolax suppository. This should result in a bowel movement within 30 minutes.

Continue to follow a clear liquid diet. You may resume a normal diet AFTER your exam.

**IMPORTANT: Please bring your physician's order for this procedure with you for the exam.**

#### **PRECAUTIONS:**

1. If you are a diabetic and require insulin, please contact your doctor before starting the preparation.
2. If you have an inflammatory condition of the gastrointestinal tract, such as Crohn's disease, regional enteritis or ulcerative colitis, you may want to discuss this preparation with your physician.
3. If you have previously had an adverse response to any of the laxatives used in this preparation, please consult your physician for substitute laxative choices.
4. If you suffer from severe or chronic diarrhea, you may want to discuss this preparation with your physician.
5. This barium enema preparation is designed for use by the "average individual". If you have any doubts or concerns about your preparation, please do not hesitate to discuss them with your own physician. Additional questions may be directed to the Radiology department.