

PREPARATION INSTRUCTION FOR A BARIUM ENEMA EXAMINATION

Please purchase the following items from the pharmacy of your choice:

- 1 – 10 oz. bottle Magnesium Citrate Oral Solution
- 4 Dulcolax (Bisacodyl) tablets
- 1 Dulcolax (Bisacodyl) suppository

These products will cause you to have several liquid stools. Cleaning the waste out of your colon is important so we can identify any irregularities of your large intestines.

You will need to begin the prep the day before your exam.

DAY BEFORE EXAM - Clear liquids for all meals (NO SOLID FOODS)

- 8:00 a.m. Clear liquid breakfast (see permitted clear liquids in box below)
- 9:00 a.m. Drink eight ounces (8 oz) of water
- 11:00 a.m. Drink eight ounces (8 oz) of water
- Noon Clear liquid lunch
- 1:00 p.m. Drink eight ounces (8 oz) of water
- 2:00 p.m. Drink entire bottle of Magnesium Citrate (10 oz.)
- 4:00 p.m. Drink eight ounces (8 oz) of water
- 5:00 p.m. Clear liquid supper
- 6:00 p.m. Swallow 4 Dulcolax (Bisacodyl) tablets with 8 oz of water – DO NOT CHEW TABLETS
- 9:00 p.m. Drink eight ounces (8 oz) of water
- 10:00 p.m. Drink eight ounces (8 oz) of water

DAY OF EXAM

- Do not eat or drink anything after midnight – NO BREAKFAST
- Two (2) hours before test, insert the suppository into your rectum. Wait 10-15 minutes before going to the bathroom.
- Take all prescribed medications – as directed – with a small sip of water.
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- You will not be receiving any sedation for this procedure.

AFTER THE EXAM

You may eat and drink after the exam. The barium may make you constipated, so drink plenty of fluids and take an over the counter laxative, if needed.

PERMITTED CLEAR LIQUIDS

It is okay to have transparent liquids such as: clear broth, bouillon, apple juice, water, white grape juice, black coffee, tea, popsicles, soda pop, sports drinks and plain gelatin (not red and no added fruit).

LIQUIDS NOT PERMITTED: DAIRY PRODUCTS (MILK/CREAM), CREAMY DRINKS, ORANGE JUICE, LEMONADE, TOMATO JUICE, LIQUID CEREALS, SOUP THAT IS NOT A CLEAR BROTH.