

Barium Enema Preparation

What is Barium Enema?

This is a diagnostic x-ray examination of your lower digestive tract that will be performed by a radiologist and a technologist. A radiologist is a medical doctor who has specialized in the use of x-rays and other imaging media for medical diagnoses. The technologist has been trained in the proper use of x-ray equipment.

NOTE: Any woman who is pregnant, or could possibly be pregnant, should let your doctor know before proceeding with this exam.

How Does One Prepare for the Exam?

For the examination to be performed, it is absolutely necessary to have a clean colon.

To prepare for your exam, follow these instructions carefully.

The following medicines are available at your local pharmacy:

- Magnesium Citrate – One (1) bottle
- Dulcolax (Bisacodyl) – Two (2) tablets
- Dulcolax (Bisacodyl) – One (1) suppository

NOTE: If you have severe diarrhea or considerable rectal bleeding, consult your doctor before taking the laxative requested below.

On the day before your exam **EAT OR DRINK ONLY THE FOLLOWING:**

- 8am: You may have your usual breakfast.
- 12pm: Have a clear liquid lunch without milk products. This meal may include clear broth, strained fruit juices, clear jello or gelatin, black coffee or tea, carbonated beverages.
- 1pm: Have a full 8 oz glass of water, repeat this every hour until bedtime.
- 4pm: Drink the bottle of Magnesium Citrate. Follow this with a glass of water.
- 6pm: Have clear liquid supper without milk products (same as at noon).
- 8pm: Take the 2 Dulcolax (Bisacodyl) tablets.

NOTE: IT IS VERY IMPORTANT THAT SUPPER BE LIMITED TO ONLY THE ITEMS LISTED.