

# BARIUM ENEMA PREPARATION

Please read these instructions carefully at least one week prior to your exam.



A barium enema is a procedure used to examine the large intestine for abnormalities. The colon is filled with a chalky contrast liquid called barium which shows up in an x-ray and allows the doctor to view any abnormalities of the colon.

**The following instructions are intended to maximize the ease and safety of your barium enema.** It is important that you follow and complete all directions carefully. Individual responses to laxatives vary, so remain close to toilet facilities once you have started the bowel cleansing procedure.

## ONE WEEK BEFORE EXAMINATION

Avoid eating any nuts, seeds, or popcorn four days prior to your procedure.

Obtain the items below from your pharmacy or grocery store. No prescription is needed.

- One 10-ounce bottle of Magnesium Citrate
- One small box Dulcolax® tablets
- One Dulcolax® suppository



## DAY BEFORE EXAMINATION

**A high fluid intake is required for barium enema preparation.**  
**Do not use milk, cream, or non-dairy creamer.**

**8:00AM** Abstain from smoking and consuming alcohol for 24 hours before your exam.

**Breakfast** Begin a clear liquid diet as indicated in the box at right. Items from the list are only allowed at mealtimes. Drink water at other specified times. No solid food is allowed until after exam.

**Lunch** Drink clear broth or any clear liquids from the list.

**1:00PM** Drink one full 8-ounce glass of water. Drink more if desired.

**2:00PM** Drink one full 8-ounce glass of water.

**3:00PM** Drink one full 8-ounce glass of water.

**4:00PM** Drink one full 8-ounce glass of water.

**5:00PM** Drink clear broth or any clear liquids from the list.

**5:30PM** Drink one 10-ounce bottle of Magnesium Citrate. The product generally produces a bowel movement in 30 minutes to 6 hours. Stay close to the bathroom as you will have diarrhea.

**6:00PM** Drink one full 8-ounce glass of water.

**7:00PM** Drink one full 8-ounce glass of water.

**7:30PM** Take four Dulcolax® tablets with one full 8-ounce glass of water. Do NOT chew the tablets. The tablets generally produce a bowel movement in 6-12 hours.

**8:00PM** Drink one full 8-ounce glass of water.

**9:00PM** Drink one full 8-ounce glass of water.

Do not eat until after your appointment tomorrow. Drink no liquids after midnight. Take evening medications as usual.

**The following clear liquids are OK to drink at specified mealtimes:**

- ✓ Water, Lemonade, Limeade, or Crystal Light
- ✓ Tea & Coffee without dairy or non-dairy creamer
- ✓ Apple, white grape, or white cranberry juice
- ✓ Beef, chicken, or vegetable clear broths
- ✓ Gatorade, Powerade, and similar sports drinks
- ✓ GingerAle, 7-Up, Sprite soft drinks
- ✓ Popsicles, Italian ices, or Jell-O desserts in any color except red, purple, or green

## DAY OF EXAMINATION

Take morning medications with a small sip of water.

At least **two hours** before your appointment you will insert the suppository.

1. Unwrap Dulcolax® suppository and discard the wrapper.
2. While lying on your side with thigh raised, insert the suppository into the rectum and gently push in as far as possible.
3. Retain the suppository for at least 15 minutes, if possible, before evacuation, even if the urge is strong.

Patients requiring assistance should have a bed pan, commode, or help readily available.

*Barium enema is an important procedure, but it can be intimidating if you don't know what to expect. We want you to have all the information you need to prepare. A list of our most frequently asked questions can be found on our website in the FAQ section at gastroaugusta.com.*