



BARIUM ENEMA PREP

For this prep you will need to go to your local drugstore and pick up Dulcolax tablets, magnesium citrate, and a Dulcolax suppository.

Appointment Date: _____

Appointment Time: _____

1. For 2 days before the appointment: (date) _____
 - a) Drink only clear liquids. Meals may include clear broth, strained fruit juices, tea and coffee without milk, carbonated beverages, or Jell-O (but not red Jell-O). Do not eat solid food or milk.

2. On the day before your appointment (date) _____
 - a) At 1:00pm, 3:00pm, 7:00pm, 10:00pm and at bedtime drink 8 ounces (1 glass) of clear liquid in addition to the liquid diet.
 - b) At 5:00pm drink 8 ounces bottle of magnesium citrate (cold)
 - c) At 8:00pm take 4 Dulcolax tablets with 8 ounces of liquid.

3. On the day of your appointment (date) _____
 - a) Drink at least 8 ounces of coffee, tea or strained fruit juices, but no other breakfast.
 - b) At least 1 hour before leaving for your examination, insert Dulcolax suppository into your rectum. Wait at least 15 minutes before having a bowel movement.

During the procedure you can expect a feeling of fullness, moderate to severe cramping, the urge for a bowel movement, and some general discomfort. The X-rays themselves are painless.

4. After your examination, if you have constipation, please ask your doctor for a mild laxative to remove the barium from the colon.