

# PREPARATION INSTRUCTIONS FOR BARIUM ENEMA

Appointment date: \_\_\_\_\_  
Appointment time: \_\_\_\_\_  
Location: \_\_\_\_\_

Your doctor has requested a barium enema examination of the colon (large intestine). In order for your doctor to see your colon clearly, it is very important for you to empty and cleanse your colon. Therefore, you need to carefully follow the barium enema preparation instruction. You should receive this instruction from your doctor or clinic where you will have the examination.

If you have severe kidney disease, cramping abdominal pain, diarrhea, intestinal bleeding, or inflammatory bowel disease, consult your doctor before you start preparing for the barium enema. If you are unable to consult your doctor, call the x-ray department for instructions (phone): \_\_\_\_\_

1. **FOR TWO 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 1:00, 3:00, 7:00, 10:00 PM, and at bedtime drink 8 ounces (1 glass) of clear liquid in addition to the liquid diet.
  - b) At 5 PM drink 8 ounces bottle of magnesium citrate (cold).
  - c) At 8 PM 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 breakfasts.  
*Note: If you are scheduled to have an Excretory Urogram (IVP) exam on the same day as the barium enema, do not drink these 8 ounces of fluids).*
  - b) At least one 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. The above time and date is being reserved just for you so please make every effort to come to your appointment in time
5. Please call the x-ray department or your doctor if you are unable to keep your appointment or have any questions (phone):  
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6. After your examination, if you have constipation, please ask your doctor for a mild laxative to remove barium from the colon.