

Preparation Instructions for Double Contrast Barium Enema X-Ray

Appointment Date: _____ Time: _____

Bowel Preparation Instructions

(for adults and children over 13 years of age)

For this examination to be of greatest value, you must cooperate fully by preparing yourself as outlined below, beginning two days (48 hours) before your x-ray appointment. A poorly prepared bowel may mean that the exam will have to be repeated at another time, or, more importantly, matter left in the bowel may hide an important disease that is present.

Please follow directions exactly and take the laxative medications, food and liquids at the times shown. The liquids you drink may be plain water, clear fruit juice (such as apple, cranberry or grape), tea or coffee without milk or cream. If a nutritional supplement is needed, Citrotein (nondairy product available over the counter at drugstores) may be mixed with water and taken at meal time.

You must buy each of the following items from your drugstore:

1. Magnesium Citrate – One ten ounce bottle
2. Bisacodyl (Dulcolax) – One 10 mgm suppository
3. Bisacodyl (Dulcolax) – Three 5 mgm tablets

NOTE: This prep is contraindicated for patients with suspected intestinal obstruction. For those patients with known active colitis or excessive diarrhea (10 or more stools daily), delete Bisacodyl tablets (Item #3) but follow the rest of the procedure.

DIRECTIONS (Check as completed and bring this form with you to your appointment)

TWO DAYS BEFORE THE X-RAY

- 8 A.M. Breakfast – May have light meal to include boiled egg, bread without butter, clear liquids, coffee or tea without milk. No meats.
- 12 NOON Lunch – Take only the following:
Bouillon or clear broth
Clear fruit juices (apple, cranberry, grape or Kool-Aid)
Plain jello (any flavor - without fruit or additives)
Coffee or tea without milk or cream. May add sugar or artificial sweetener.
No solid foods. No dairy products (milk, cheese or cream)
Citrotein (usual 1.18 gm serving mixed with water) may be taken if nutritional supplement required.
- 2 P.M. Drink at least 8 oz. of clear liquids
- 4 P.M. Drink at least 8 oz. of clear liquids
- 6 P.M. Supper – Take a liquid meal (same choices as lunch). No solid foods or dairy products.

DAY BEFORE X-RAY

- 8 A.M. Breakfast – Take a liquid meal with same choices as lunch on previous day. No solid foods. No dairy products.
- 10 A.M. Drink 8 oz. of clear liquids
- 12 NOON Lunch – Liquid-only meal as on previous day
- 2 P.M. Drink at least 8 oz. of clear liquids
- 4 P.M. Drink one full bottle of Magnesium Citrate (tastes better if ice cold)
- 5-6 P.M. Supper – Liquid-only meal. No solid foods. No dairy products.
- 7 P.M. Take three Bisacodyl (dulcolax) tablets with at least 8 oz. of clear liquids. Do not crush or chew tablets. Pills must be swallowed whole.
- 9 P.M. Drink at least 8 oz. of clear liquids
- BEDTIME Drink at least 8 oz. of clear liquids

DAY OF X-RAY

- 6-7 A.M. Liquid-only breakfast. Drink at least 8 oz. of clear liquids. May have coffee or tea without cream or milk.
- Use one Bisacodyl rectal suppository at least one hour before leaving for the x-ray exam.

Use as follows:

1. Unwrap suppository.
2. Lie on left side.
3. Insert suppository into the rectum, pointed end first, as high as possible.
4. Retain suppository for several minutes, of possible, then evacuate bowel completely.

Report to X-Ray Office 15 minutes prior to your scheduled exam. Please bring this paper with you.