

BARIUM ENEMA INSTRUCTIONS

Patient Name: _____ Exam: _____

Date / Time of Exam: _____ Date to Begin Prep (1 day prior to exam): _____

Your physician has requested a Barium Enema of the colon (large intestine). This prep is for adults and children 12 years of age and older.

If you have kidney disease, cramping abdominal pain, considerable diarrhea or intestinal bleeding or inflammatory bowel disease, consult your primary physician before proceeding with these instructions.

Ask your doctor before use:

- If there has been any sudden change in bowel habits persisting over two weeks.
- Prior to giving to children less than 12 years of age.

CONTINUE TO TAKE MEDICATION, AS PRESCRIBED BY YOUR PHYSICIAN.

It is important that you follow and complete all directions carefully. Take only the medications, foods and fluids in the amounts specified and at the times shown, unless otherwise instructed by your doctor. Following these instructions will provide the best results and avoid having to repeat the procedure. **Individual responses to laxatives vary so remain close to toilet facilities once you have started the bowel cleansing procedure.**

NOTE: A high fluid intake is required for this preparation. Drink at least one full 8 fl oz glass of water at each of the times specified. DO NOT USE MILK, CREAM OR NON-DAIRY CREAMER.

Please mark each box as you complete each step and bring this paper with you when reporting for your procedure.

DAY BEFORE PROCEDURE:

- Breakfast:** Clear soup (any broth); strained fruit juices without pulp; flavored gelatin that is not red (do not add extra ingredients); black coffee, plain tea or carbonated beverages.
- Noon:** Clear soup (any broth); strained fruit juices without pulp; flavored gelatin that is not red (do not add extra ingredients); black coffee, plain tea or carbonated beverages.
- 1:00 P.M.:** Drink one (1) full 8 fl oz glass of water.
- 2:00 P.M.:** Drink one (1) full 8 fl oz glass of water.
- 3:00 P.M.:** Drink one (1) full 8 fl oz glass of water.
- 4:00 P.M.:** Drink one (1) full 8 fl oz glass of water.
- 5:00 P.M.:** Clear soup (any broth); strained fruit juices without pulp; flavored gelatin that is not red (do not add extra ingredients); black coffee, plain tea or carbonated beverages.
- 5:30 P.M.:** Drink 18.0 g of magnesium citrate liquid (1 bottle). **THIS IS A LAXATIVE. YOU WILL NEED TO BE NEAR A RESTROOM ONCE IT BEGINS TO WORK.** This product generally produces a bowel movement within 30 minutes to 6 hours.
- 6:00 P.M.:** Drink one (1) full 8 fl oz glass of water.
- 7:00 P.M.:** Drink one (1) full 8 fl oz glass of water.
- 7:30 P.M.:** Take all four (4) Bisacodyl with one (1) full 8 oz glass water. **DO NOT CHEW TABLETS.** The tablets are to be taken two hours after drinking the Magnesium Citrate liquid. Bisacodyl tablets generally produce bowel movement in 6 to 12 hours.
- 8:00 P.M.:** Drink one (1) full 8 fl oz glass of water.

- 9:00 P.M.:** Drink one (1) full 8 fl oz glass of water. Do not eat after 9:00 P.M.

DAY OF PROCEDURE:

- Drink 8 ounces clear liquids in the morning but **DO NOT EAT**.
- At least one hour before leaving for your procedure, insert Bisacodyl Suppository into your rectum (see instructions below). Wait at least 15 minutes before evacuating.
 - Unwrap the suppository.
 - Lie on left side, with right thigh raised.
 - Insert suppository into the rectum, pointed end first, as far as possible.
 - Close thighs to aid in retaining suppository.
 - Retain suppository for at least 15-20 minutes, is possible. A bowel evacuation usually occurs within 15 minutes to one hour.
 - If you need assistance, be sure that a bedpan, diaper, commode, or help to the bathroom is available. You may not have any results from the suppository if the oral laxatives worked well.

AFTER YOUR PROCEDURE:

Continue drinking plenty of fluid and resume a normal diet, unless your physician has instructed otherwise.

If you are troubled by constipation, a mild laxative (Bisacodyl tablets) can be used as directed on box to remove barium from colon as needed. Stool may be discolored (white or grayish) for several days until barium is cleared.

Thank you for allowing us to care for you.

(To assist you in purchasing the items required for the exam preparation, please detach the list below.)

Over the counter supplies needed for the bowel preparation:

- 1 – Bottle 18.0 g Magnesium Citrate Liquid
- 4 – Tablets (Laxative) Bisacodyl USP 5 mg (enteric coated)
- 1 – Suppository - Bisacodyl USP 10 mg