



## Preparation Instructions for Barium Enema

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 bowels. Therefore, you need to carefully follow the following barium enema preparation instructions.

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.

You will need to purchase the following items (all are over-the-counter) at least 2 days before your procedure

- 6-9 Dulcolax tablets (Bisacodyl generic tablets-Not Dulcolax stool softener or suppository)
- One 238 gram (8.39 oz.) bottle of Miralax (or generic Glycolax)
- One 32 ounce bottle of Gatorade (no red colored flavors)
- One disposable Fleet enema (Saline only)

### 1. TWO DAYS BEFORE YOUR APPOINTMENT:

a) Drink only clear liquids. Meals may include clear broth, strained fruit, juices, Gatorade, tea and coffee without milk, carbonated beverages, Jell-O or popsicles (however, avoid red Gatorade, Jell-O and popsicles). Do not eat solid food or milk.

### 2. ON THE DAY BEFORE YOUR APPOINTMENT:

- Continue clear liquid diet.
- Consume at least 8oz. of water every 2 hours throughout the day.
- At 5 pm take the first set of 3 Dulcolax tablets. Mix the entire bottle of Miralax/Glycolax powder with the 32 ounce bottle of Gatorade. This will form a light slurry. Please shake well and refrigerate.
- From 6-10 pm start drinking the mixture and drink an 8 ounce glass of the mixture every hour until completely finished.
- 8 pm take the second set of 3 Dulcolax tablets.

### 3. ON THE DAY OF YOUR APPOINTMENT (date):\_\_\_\_\_

- Drink at least 8oz. of clear liquids, but no other breakfast. Medications may be taken with minimal liquids.
- At 6 am take the third set of 3 Dulcolax tablets.
- If your bowel movements are not clear within 4 hours of reporting for your procedure, please use the fleet enema to rinse out remaining stool.

4. Please call the Scheduling Center if you are unable to keep your appointment or have any questions Phone: 240-566-3400

5. After your examination, if you have constipation, please call your doctor.

#### \*\*Diabetic Patients:

- Patients on Lantus or Levemir remain on your normal dose throughout prep and procedure.
  - Patients on NPH and regular insulin should remain on regular dose on the day before procedure (prep day), but reduce their usual dose by 20% the morning of the procedure
- Patients on oral diabetic medications DO NOT TAKE oral diabetic medications on the day before your procedure
- If you have an insulin pump or have any other questions about your diabetic medications, please call your primary care Physician or Endocrinologist.