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PATIENT INSTRUCTIONS FOR BARIUM ENEMA WITH AIR

Patients 13 & up

QUESTIONS ABOUT THE TEST: 978-630-6235

PATIENT SCHEDULING: 978-630-5070

EXAM DATE AND TIME: _____

DURATION OF EXAM: 30 to 60 minutes

Radiology is located on the ground floor.

Please go to your local pharmacy to purchase:

One bottle of Polyethylene Glycol 3350, 8.3 oz/238 gm, (MiraLax or generic brand) and two Bisacodyl tablets (Dulcolax or generic brand)

64 oz of Gatorade or PowerAide ZERO are also recommended.

Following these instructions will help you prepare for your procedure by cleansing your lower intestinal tract. It is important that you follow and complete the directions carefully. Take only the medications, food 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 not having to repeat the procedure. Individual responses to laxatives vary, and it is important to remain close to toilet facilities once you have started the bowel cleansing system.

Bring a medication list to your appointment.

Directions day before procedure:

Do not use milk, cream or dairy during this prep. Continue your medications with water.

Breakfast: one day before exam – 2 eggs and 2 pieces of toast ONLY

Drink allowed clear liquids through the day including 64 oz bottle of Gatorade or PowerAide ZERO. **No Solid Foods.**

4 pm – take two Bisacodyl tablets (Dulcolax or generic brand)

5 pm – Mix the 8.3 oz bottle (238 gm) of Polyethylene Glycol 3350 into a 64 oz container of allowed clear liquids (such as Gatorade) and drink slowly over a 2 hour period.

Clear liquids are as follows:

- Jello, Gatorade/PowerAide ZERO, clear broth (bouillon)
- Black coffee or tea (regular or decaffeinated)

- water

Day of the exam:

Clear liquids are allowed the day of the exam, including black coffee or tea. No solid food or dairy products.

Following the procedure:

- drink fluids
- if constipated please consult your physician for laxatives or further instructions
- you may eat a diet that is normal for you

To pre-register for your appointment, call Patient Scheduling at least 2 days before your scheduled appointment at 978-630-5070. Pre-registration will allow you to report directly to the Radiology Department the day of your appointment.

Please arrive 15 minutes early for your exam.

Thank you,

Radiology Department