

Patient Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Appointment Date: \_\_\_\_\_ Appointment Time: \_\_\_\_\_

Check in Time: \_\_\_\_\_



## Instructions to Prepare for the Barium Enema Exam

Follow the 48-hour prep instructions below unless otherwise instructed by your prescribing physician. The preparation is very important. An adequate clean-out allows for the best evaluation of your entire colon.

### **Please purchase the following items:**

- Gatorade (two 32oz bottles) \*Not Red\*
- Liquids for the day before your Barium Enema (see list below)
- 1 Miralax Bottle 238grams (available over the counter at CVS, Walmart, Walgreens & Target)
- 5mg Dulcolax TABLETS- Quantity:4 tablets (not the suppository or chewable forms) (available over the counter at CVS, Walmart, Walgreens & Target)

### **2 days prior to the procedure: ( / / ) follow a low residue diet which includes:**

- Well-cooked vegetables (potatoes and tomatoes without skins), Canned or cooked fruit
- White bread, crackers
- Boiled, baked, or broiled chicken, beef, fish, pork or eggs
- Sherbert, cake or pie without seeds, nuts, raisins or coconut

### **Foods and Fluids to avoid**

- Beans, fried foods, any raw vegetables, fresh fruit, seeds, nuts, raisins, coconut, anything labeled "high fiber"
- Wheat or seeded bread, wheat or seeded crackers
- Orange Juice & Tomato Juice

### **The Day Before Your Exam- ( / / )**

Starting at breakfast time, you should have clear liquids only for breakfast, lunch, dinner and snacks. Do not consume any products with red coloring. Do not eat any solid foods. Drink plenty of fluid to avoid dehydration.

### **Examples of clear liquids:**

- Water, Tea, Black Coffee (no cream or milk)
- Carbonated drinks: Sprite or 7-Up, Dr. Pepper, Mountain Dew, Pepsi or Coke (regular or diet)
- Jell-O, Popsicles (no fruit or cream added)
- Clear soups such as Bouillon, broth or consommé
- Clear fruit juices or drinks: grape or filtered apple juice
- Clear hard candy

### **Breakfast (around 8:00 am)**

\_\_\_\_ 1. Clear liquid breakfast

### **Lunch (around Noon)**

\_\_\_\_ 2. Clear liquid lunch

### **3:00 pm**

\_\_\_\_ 3. Take (2) Dulcolax 5mg tablets

### **5:00 pm**

\_\_\_\_ 4. Mix the entire 238g bottle of Miralax (or Glycolax) in 64oz's of Gatorade, water or Crystal-Lite. Shake well until dissolved. Drink an 8oz glass every 30mins until the solution is gone.

### **7:00 pm**

\_\_\_\_ 5. Take the last (2) Dulcolax 5mg tablets

**NOTHING TO EAT OR DRINK AFTER MIDNIGHT. You may take regular medications with sips of water.**