

Barium Enema Preparation Instructions

Date: _____ Time: _____ Location: St. Francis Hospital 2nd Floor Suite 202

Items to Purchase:

- 4 Dulcolax Laxative tablets
- 8.3 oz bottle of Miralax
- 10 oz bottle of Magnesium Citrate
- 64 oz of Gatorade (**NO** red or purple)

Three (3) days prior to your procedure:

1. Restrict/limit your diet- **Do not** eat nuts, seeds, popcorn, or corn.
2. **Stop** taking any fiber supplements, such as Metamucil, Citrucel, Fiberall, etc.

One day prior to the procedure: **If you are diabetic, you must check your blood sugar before taking any medications**

1. Clear liquids only (see below). **Do not** drink anything that is **RED** or **PURPLE**.
Foods allowed under Clear Liquid Diet:
Soups: Clear bouillon, broth, or consommé
Beverages: Tea, coffee, decaffeinated tea/coffee, Kool-Aid (**no RED or PURPLE**), carbonated beverages. **DO NOT** put any milk or cream in your tea/coffee.
Juices: White cranberry, apple, grape, strained lemonade/limeade, orange drink
[any juice you can see through and without pulp is acceptable]
Dessert: water ices, Italian ice(s), popsicles, and jello (**no RED or PURPLE**)
2. **At 5:00pm-** Take 4 Dulcolax tablets/pills
3. Apply Vaseline (petroleum jelly) or Desitin cream to rectum to improve comfort before loose stools/diarrhea starts.
4. **At 6:00pm-** mix the 8.3 oz of Miralax with 64 oz of Gatorade. Shake the solution until the Miralax is dissolved. Drink a total of five (5) 8oz glasses, one glass every 10-15 minute until all solution is ingested.
5. Continue drinking clear liquids until bedtime.
6. If stools are not clear or the consistency of tea by 9:00pm, take the full bottle of magnesium and then drink 1 glass of water every 30 minutes, up to 3 glasses.
7. ****NOTHING TO EAT OR DRINK AFTER MIDNIGHT (12AM)****

On the day of your procedure:

1. Take your blood pressure and heart medications with a sip of water. No other medication until after the procedure.
2. Arrive at the location at least 30 minutes prior to your scheduled test time.