

University of Texas Southwestern Medical Center
Aston Radiology
Barium Enema Patient Instructions

1. Patient should eat clear liquid lunch and dinner the day before the test.
2. Patient should drink one (1) 8 ounce glass of water every hour starting at 1:00 p.m. until 6:00 p.m.

CLEAR LIQUIDS ARE AS FOLLOWS:

Fluids you can drink:

- Sodas (7-UP, Sprite, Orange Soda)
- Gatorade or Powerade
- Apple, cranberry, or white grape juice
- NO caffeine
- Clear soups (i.e., bouillon)
- Jello (any flavor without fruit and no pudding)

Fluids to avoid:

- Milk, chocolate milk or cream (no dairy products)
- Orange juice
- Tomato juice

3. At 7:00 p.m. the night before your test, drink 1 cold bottle of Magnesium Citrate.
4. At 9:00 p.m. the night before your test, take 4 Dulcolax tabs with four 8 ounce glasses of water.
5. Have nothing to eat or drink after midnight the night before the exam.
6. Use one Dulcolax suppository rectally at 6:00 a.m. on the morning of your test.

If you are diabetic – you should take your morning insulin.

If you are diabetic:

Make sure you have been scheduled for an early morning procedure. If you are not scheduled for an early morning time, make the scheduler aware of your diabetes and ask for an early morning time.

You can buy Magnesium Citrate, Dulcolax tablets and Dulcolax suppositories at your local drugstore without a prescription.