

Barium Enema Preparation

What is a Barium Enema or Lower GI Series?

A Barium Enema is a special kind of test that looks at the inside of your large intestine or colon using x-ray film. This test is also called a Lower GI Series.

How will my test be done?

The technologist will have you lie on a table and then take an x-ray of your abdomen to make sure that your bowel is empty. You will then be asked to turn on your side and a tube will be inserted into your rectum. After the tube is in, the radiologist will allow a liquid called Barium to flow gently through the tube into your bowel. You may have cramping or feel like you need to have a bowel movement. Hold the Barium in until the radiologist says you may go to the bathroom. You will be asked to lie in different positions as the X-rays are being taken. You may go to the bathroom after the X-rays have been taken.

Preparing for your Barium Enema

- Please follow the instructions carefully since having a clean bowel is essential for a good exam. On the day before your exam, please drink plenty of clear liquids to avoid dehydration. ***If you are on a fluid restricted diet or diabetic, please discuss with your doctor first. Failure to follow these instructions may result in the cancellation of your procedure.***
- Take all of your medications as prescribed. If you are on insulin your dosage may need to be adjusted the day prior and morning of the test, contact your physician for dosage instructions.
- It is recommended that patients who have problems with constipation follow the directions (see pg. 2, "1 day before the exam") for two consecutive days prior to their scheduled appointment. Please discuss this with your doctor to decide if this is indicated for you.

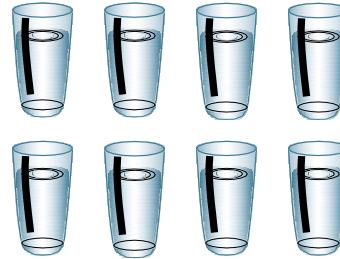
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One Day Before the Exam

1

Begin Clear Liquid Diet:

- Drink at least 8 glasses of water throughout the day.



You may also have:

- Strained fruit juices (no pulp); For example: apple or grape
- Broth
- Water, gatorade
- Coffee, tea (no milk or cream)
- Popsicles, jello

- **NO Solid Foods**
- **NO Dairy Products**



2

Take laxatives as follows:

- At **5:00 pm** drink the whole bottle of Magnesium Citrate.
- This is a strong laxative. You will have many bowel movements.



3

- At **8:00 pm** swallow the 3 Bisacodyl tablets with water.
- Do not chew the tablets.
- This is also a laxative.



The morning of your test

1. Continue a clear liquid diet. You may resume a normal diet after the exam.
2. One to one and a half hours before leaving for your exam, insert unwrapped Bisacodyl (Dulcolax) Suppository into your rectum and gently push in as far as possible.
3. Wait at least 15 minutes before a bowel movement, if possible. Bowel movements usually occur within 15-60 minutes.

