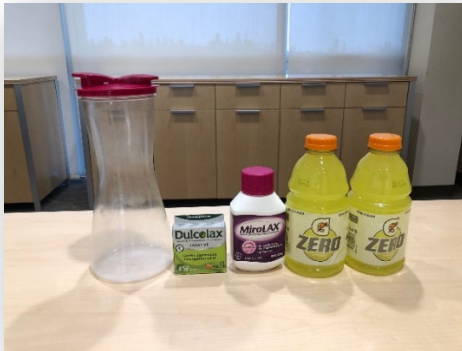


### Preparation Instructions: *Barium Enema*

Below are some simple instructions to help you prepare for your *Barium Enema*



#### You will need to purchase:

- 1) MiraLAX, 238gm (8.3oz) bottle
- 2) Dulcolax oral laxative, 4 tablets (5mg each tablet)
- 3) 64oz Gatorade or Crystal Light

#### 2 Days Prior to Procedure:

- Drink at least eight large glasses of water throughout the day. Try to avoid fibrous foods such as vegetables and fruits. **No solid foods after midnight.**

#### 1 Day Prior to Procedure:

Begin clear liquid diet - Includes water, broth, coffee/tea (no milk/creamer) Gatorade, Crystal Light, juices (without pulp), soft drinks are okay. Drink eight large glasses of water throughout the day.

- **12pm** - Take the 4 Dulcolax tablets with 8oz water and thoroughly mix entire bottle of Miralax with 64oz of Gatorade or Crystal Light and refrigerate.
- **3-5pm** - Drink 8oz of solution every 15 minutes until solution is 2/3 finished.

**Expect to experience frequent loose or watery stools for the next several hours.** If you experience nausea or vomiting, take a 15 to 30 minute break, and then continue drinking prep solution.

#### Day of Procedure:

- 4 hours before your procedure, drink the remaining 1/3 of Gatorade mix. You may drink clear liquids up to four hours before your scheduled arrival time. You may take your essential morning medications with a sip of water unless otherwise directed by your physician.
- Upon arrival to Imaging, you'll be asked to change into a hospital gown. Plan on spending approximately one hour in our department for your exam.

#### Post BE Instructions:

- Resume normal diet and medications
- Drink at least one 8 oz. glass of water each hour while awake, unless told by your doctor to limit fluids.
- If constipation occurs, take a mild over the counter laxative.