



## **Barium Enema Preparation Instructions**

### **Do these things at least 2 days before the test:**

Read this entire instruction sheet.

Arrange a ride on the day of the procedure. Although you will not be sedated for the procedure, you may not feel well due to the bowel preparation and air introduced into your colon during the test. If you feel well, you may drive; however, it is recommended that you ask someone else to drive.

Purchase the following items:

Purchase four Dulcolax (bisacodyl) 5 mg tablets.

Purchase Miralax powder. Buy the larger 8.3 ounce container, which contains 238 grams of PEG (polyethylene glycol). It is available without a prescription, and costs about \$15.

Purchase at least two 32 ounce bottles of Gatorade G or Gatorade G2 or Gatorade Focus Tiger. These products are similar; however, Gatorade G has twice the amount of sugar compared to Gatorade G2 and Gatorade Focus Tiger. They all have about the same amount of electrolytes (sodium, potassium, and chloride). Choose the product and flavor you like best.

Purchase a supply of clear liquids to drink the day before the test. Clear liquids include: Gatorade or other sports drinks/bottled waters with electrolytes, strained fruit juice such as apple juice, white grape juice, or cranberry juice (not citrus juices which contain pulp or fiber), popsicles without fruit or cream, gelatin without fruit, clear beef broth, chicken broth, vegetable broth, coffee or tea (without milk). Do not buy carbonated or alcoholic drinks.

Buy extra-soft toilet paper and/or disposable baby wipes. Be careful not to buy cleansing wipes containing scent or alcohol because these cause burning. If you buy baby wipes be sure that they are flushable in the toilet. Buy Vaseline to put around the anal area.

If you are diabetic, discuss with your doctor the need to decrease your oral diabetes medications (pills) or insulin dose on the day of the test.

### **Do these things 1 day before the test:**

Take your normal medications.

Start a strict, clear liquid diet beginning when you first awaken. Drink plenty of Gatorade or other sports drinks or bottled waters with electrolytes, strained fruit juice such as apple juice, white grape juice, or cranberry juice (not citrus juices which contain pulp or fiber), popsicles without fruit or cream, gelatin without fruit, clear beef broth, chicken broth, vegetable broth, coffee or tea (without milk). Do not drink carbonated or alcoholic drinks. Do not drink plain water. Avoid juices with pulp, milk, cream, ice cream, and all solid foods.

Divide the Miralax powder into two equal portions and mix each portion with 32 ounces of Gatorade. Shake well until the powder is dissolved, and place in the refrigerator. It tastes better if it is cool.

At 2 PM take 2 Dulcolax (bisacodyl) tablets.

At 5 PM begin drinking the 64 ounces of Gatorade/Miralax solution. Do not leave the house and stay near the bathroom. Apply Vaseline around the anal area. Drink 8 ounces of solution every 10 to 15 minutes until it is gone. It will take about 2 hours to drink all of it. It is better to drink each 8 ounce glass quickly rather than sipping.

After you finish drinking the Gatorade/Miralax solution continue to drink clear liquids.

Tips to help the feeling of nausea and bloating:

Take a slightly longer interval between glasses.

Walk around the house between glasses.

If you vomit, stop the prep for 20 -30 minutes, and then finish.

If at 10 PM you are still passing brown stool (rather than clear, light yellow liquid), take two more Dulcolax (bisacodyl) 5 mg tablets and continue to drink clear liquids.

**The day of the test:**

Take your normal medications with a small amount of water. If you are diabetic, adjust your diabetes medications as recommended by your doctor.

You may drink clear liquids up to 4 hours before your test.

Check in at the registration desk at the appointed time.

After the test: You may have bloating and cramping for 24 hours after the test until you expel the air that is introduced into the colon during the test. If your discomfort is severe, call the radiology department.

