

## Preparation Instructions for Barium Enema

Your doctor has requested a barium enema of the colon (large intestine). In order for your doctor to see your colon clearly, it is very important for you to empty and cleanse your colon. Therefore, you need to carefully follow the barium enema preparation instruction. You should receive this instruction from your doctor or clinic where you will have the examination.

If you have severe kidney disease, cramping abdominal pain, diarrhea, intestinal bleeding, or inflammatory bowel disease, consult your doctor before you start preparing for the barium enema. If you are unable to consult your doctor, call the x-ray department for instructions. **307-232-5012**

1. **FOR TWO DAYS BEFORE THE APPOINTMENT (DATE):** \_\_\_\_\_
  - a. **Drink only clear liquids. Meals may include clear broth, strained fruit juices, tea, coffee without milk, carbonated beverages, or Jell-O (but NO red Jell-O). Do not eat solid food or milk.**
  
2. **ON THE DAY BEFORE YOUR APPOINTMENT (DATE):** \_\_\_\_\_
  - a. **At 1:00, 3:00, 7:00, 10:00 PM, and at bedtime drink 8 ounces (1 glass) of clear liquid in addition to the liquid diet.**
  - b. **At 12:00 (noon) drink 8-ounce bottle of magnesium citrate (cold).**
  - c. **At 5:00 PM take 4 Dulcolax tablets with 8 ounces of liquid.**
  - d. **You may have minimal water after midnight.**
  
3. **ON THE DAY OF YOUR APPOINTMENT (DATE):** \_\_\_\_\_
  - a. **Do not eat breakfast.**
  - b. **Do not have anything to drink.**

During the procedure, you can expect a feeling of fullness, moderate –to-severe cramping, the urge for a bowel movement, and some general discomfort. The X-rays themselves are painless.

The above time and date is being reserved just for you so please make every effort to come to your appointment on time.

Please call the x-ray department or your doctor if you are unable to keep your appointment or if you have any questions.