

How to Prepare for Your Barium Enema

Exam Overview

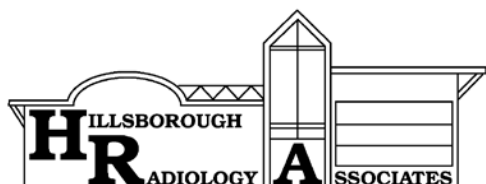
The barium enema requested by your physician is an examination of your colon or large intestine. It can be very important in diagnosing disorders of the large intestine. It need not be difficult or particularly unpleasant. It *does* require great attention to detail.

IT IS ESSENTIAL THAT YOUR COLON BE THOROUGHLY CLEANSED FOR THIS EXAMINATION. EVEN A SMALL AMOUNT OF RETAINED STOOL MAY HIDE ABNORMALITIES. IN ADDITION, IF YOUR BOWEL IS COMPLETELY EMPTY, THE BARIUM ENEMA WILL BE LESS UNCOMFORTABLE FOR YOU.

The barium must be given by a physician in the X-ray facility. The radiologists will perform the procedure with fluoroscopy and obtain a number of X-ray films during the following enema. He will write a consultation report of his findings for the physician.

Precautions

1. If you are a diabetic and require insulin, please consult your doctor before starting the preparation.
2. If you have an inflammatory condition of the gastrointestinal tract, such as Crohn's disease, regional enteritis, or ulcerative colitis, you may want to discuss this preparation with your physician.
3. If you have previously had an adverse response to any of the laxatives used in this preparation, please consult your physician for substitute laxative choices.
4. If you suffer from sever or chronic diarrhea, you may want to discuss this preparation with your physician.
5. This barium enema preparation is designed for use by the "average individual". If you have doubts or concerns about your preparation, please do not hesitate to discuss it with your own physician. Additional questions may be directed to the radiologist.
6. If you are on any medications, you should continue to take them while on the "clear liquid diet".



Barium Enema Exam Prep Checklist

The Day Before Your Exam

- You will need to purchase from the pharmacy the following 2 items:
 - 1 bottle of Fleet Phosphor-soda (1.5 oz)
 - 1 Duclolax suppository.
- Do not chew gum or smoke after midnight, as these activities can cause stomach secretions, which may degrade the quality of the images.
- Please follow the approved clear liquid diet (provided the liquids are not red or purple) the entire day before your exam. Clear liquids include:

Clear juice without pulp (apple, white grape, lemonade, white cranberry), Water, Gatorade, Clear broth or bouillon, Coffee or Tea (without milk or non dairy product), Non-carbonated and carbonated soft drinks (Sprite, 7-Up, ginger ale), Plain Jell-O (without added fruit or topping), Ice popsicles

- Throughout the day, please make sure you drink plenty of liquids to prevent dehydration.
- At 5:00 pm, add one bottle of Fleet Phosphor-soda (1.5 ounces which equal 3 tablespoons) to 4 ounces of water and drink the mixture; follow this with 8 ounces of clear liquid. Drink a minimum of three (3) additional 8 ounce glasses of approved liquids throughout the evening.

The Day Of Your Exam

- One hour prior to leaving the house for your exam, please use one Duclolax suppository. This should result in a bowel movement within 30 minutes.
- Be sure to drink plenty of liquids. The liquids are an important part of the preparation.
- Remember to bring your physician's prescription and referral with you when you come for the exam.