

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 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.

### **Preparation Instructions:**

Please follow a **clear liquid diet** the entire day before your exam. **Clear liquids** include:

- Clear juices without pulp (apple, white grape, lemonade, white cranberry)
- Water
- Clear broth or bouillon
- Coffee or tea (without milk or non-dairy creamer)
- All of the following that are **NOT RED OR PURPLE**:
  - Gatorade
  - Carbonated and non-carbonated soft drinks (Sprite, 7-Up, ginger ale)
  - Plain Jell-O (without added fruit or toppings)
  - Ice popsicles

Throughout the day, please make sure you drink at least 8 glasses of water to prevent dehydration.

### **The day before the Procedure:**

Take four Dulcolax pills with water between 3pm and 5pm

Mix a bottle of MiraLAX powder (238 grams) with 64 oz. of Gatorade, PowerAde, or Propel (avoid the color red.) Drink one dose (32 oz.) the evening before your procedure.

### **Day of the Procedure:**

Continue to follow a clear liquid diet. You may resume a normal diet AFTER your exam.

4 hours before your procedure start time you will drink a second dose of the MiraLAX mixture (32 oz.)

### **Please bring the following items to your appointment:**

- The prescription from your physician and/or referral.
- A list of all your prescription medications, over-the-counter medications and herbal supplements --including frequency and dosage.

### **PRECAUTIONS:**

1. If you are a diabetic and require insulin, please contact your doctor before starting the preparation.
2. If you have an inflammatory condition of the gastrointestinal tract, such as Chron'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 severe or chronic diarrhea, you may want to discuss this preparation with your physician.
5. This barium enema preparation is to be used by the "average individual". If you have any doubts or concerns about your preparation, please do not hesitate to discuss them with your own physician.

If you have any questions about your exam, please call **609.921.3345**.