

ADULT BARIUM ENEMA PREP

PURCHASE BARIUM ENEMA FROM PHARMACY: 10 OZ CITRATE OF MAGNESIA OR 2 OZ CASTOR OIL, 4 DULCOLAX TABLETS OR 2 ½ OZ X-PREP (AVAIL AT MC PHARMACY)

TWO DAYS PRIOR TO APPT:

JUICE ONLY EVERY HOUR STARTING IN THE AM AND EVERY HOUR FOLLOWING. AT MEALTIME, YOU MAY ADD HOT BULLION, CLEAR BROTH OR CLEAR PLAIN JELLO. THE JUICES ARE PART OF THE CLEANSING PROCESS. AND WILL HELP KEEP YOUR STRENGTH. RECOMMENDED JUICES ARE ORANGE, APPLE, GRAPE, and TOMATO & V-8 JUICE. DO NOT USE STRAINED JUICES, CRANBERRY, GRAPEFRUIT OR COCONUT. VARIETY IS BEST AND ALTERNATE COLD AND WARM. NO MILK, CREAM OR SOLID FOOD, BUT MAY DRINK ALL THE WATER YOU WISH. YOU MAY DRINK ONLY A LITTLE COFFEE, TEA OR CARBONATED DRINK. TAKE ALL

USUAL MEDICATIONS. DAY PRIOR TO APPT:

DRINK AT LEAST FOUR (4) 8 OZ GLASSES OF JUICE, AS LISTED ABOVE, BEFORE 11 AM. DO NOT DRINK BETWEEN 11 AND NOON. AT NOON TAKE ALL 10 OZ OF CITRATE OF MAGNESIA OR 2 OZ OF CASTOR OIL. HAVE ACCESS TO A TOILET BETWEEN ½ HOUR TO 4 HOURS AFTER OR LONGER.

2 PM TAKE ALL FOUR DULCOLAX TABLETS. CONTINUE WITH JUICES. 6 PM HAVE A LIQUID SUPPER AND AFTER DINNER DRINK ONLY WATER UNTIL BED. CONTINUE NORMAL ACTIVITIES.

DAY OF APPT:

CHECK IN AT LEAST A HALF HOUR BEFORE YOUR APPT. YOU WILL BE GIVEN A CLEANSING ENEMA IN THE DEPARTMENT AFTER YOUR ARRIVAL. THIS WILL TAKE APPROXIMATELY 20 MINUTES AND THEN YOU MUST WAIT AN HOUR FOR THE START OF THE EXAM. YOU MAY TAKE MEDICATION DURING THIS TIME IF IT CANNOT WAIT UNTIL AFTER THE EXAM. PLAN TO BE AT THE RADIOLOGY DEPARTMENT FOR 2-3 HOURS.