BARIUM ENEMA EXAM DESCRIPTION AND PREPARATION INSTRUCTIONS

YOUR DOCTOR HAS REQUESTED A BARIUM ENEMA:

_________ Air Contrast    _________ Single Contrast

AM
Your appointment is on ___/___  at __ : __ PM in adult Radiology DCAM 1C. Please arrive 20 minutes early to this appointment to complete the necessary paperwork.

PURPOSE: To examine your colon with x-rays, and to rule out the possibility of polyps, obstructions, perforations, or cancerous lesions.

PREPARATION: Any food particles in your bowel may look like a polyp on the X-ray, so it is very important that your bowel be completely clean by the day of the exam. Thus you will need magnesium citrate and a Bisacodyl preparation, both powerful bowel-cleansing medications. These come together in a package called LiquiPrep, which you should pick up in the Radiology Department, DCAM 1C, for no extra cost. Please also follow the diet described in this handout. If you are on medication or a medical diet, consult your personal physician before these instructions begin.

If you suffer from diabetes or renal failure your doctor will give you a prescription for Golytely, or Colyte, both powerful bowel-cleansing medications, (you will not be given magnesium citrate). You can get Golytely or Colyte at any pharmacy, including the one on the first floor of the outpatient facility, (DCAM - 5758 So. Maryland Ave.). Colyte and Golytely are salty and somewhat unpleasant to drink, but taste better cold. They come in a 4-liter container with powder at the bottom. You must fill and mix the entire container with water.

Starting two days before the exam: YOU MUST AVOID: vegetables, fruits, nuts, all dairy products including butter and milk, fried foods, whole grains, pork, beef and lamb. If any of these or similar foods are in your system they will interfere with the exam and may force us to reschedule you.

You may drink any of the following at any time: water, clear soups, clear juices, diet pop, black coffee or plain tea.

If you have any questions about what foods you are allowed to eat during this diet, you should contact us at (773) 702-6161. If you change your diet without consulting us, it may be impossible to examine you on the scheduled day, so please call first!

BEGIN THIS DIET TWO (2) DAYS BEFORE YOUR EXAM

DAY ONE

Breakfast: Toasted white bread without butter, soft boiled eggs.

**NO CHEWABLE FOODS FROM NOW UNTIL AFTER THE EXAM**

Lunch and Dinner: Clear fat-free soup, plain gelatin, clear juice, water, diet pop, black coffee or plain tea. NO MILK, CREAM OR SUGAR.
DAY TWO  (the day before your exam)

Breakfast, Lunch and Dinner: Only clear fat-free soup, plain gelatin, unsweetened fruit juices, water, diet pop, black coffee or plain tea. NO MILK, CREAM OR SUGAR.

**YOU ARE ALLOWED NO OTHER FOODS OR LIQUIDS**

Be sure to follow these instructions. They are different from the instructions on the E-Z-EM Prep package.

NOON  Drink the entire 10 oz bottle of Magnizum Citrate.

1:00, 2:00, 3:00 PM  Drink 8 oz. of water each hour.

4:00 PM  Take two Bisacodyl tablets with water. DO NOT CHEW.

5:00 PM  Dinner [see above restrictions].

6:00 PM, 7:00 PM  Drink 8 oz. of water each hour.

8:00 PM  Take two Bisacodyl tablets with water. DO NOT CHEW.

9:00 PM  Drink 8 oz. of water.

10:00 PM  Do not eat or drink ANYTHING until after your exam tomorrow.

DAY OF EXAMINATION:

6:00 AM  Remove the Bisacodyl suppository from its foil wrapper and insert it into your rectum. Be prepared to go to the bathroom in about 15 minutes. This will painlessly flush out any remaining bits of food. Remember to swallow nothing at all until after the exam.

EXAMINATION:

Before this exam the radiologist may give you an injection of Glucagon, which will help prevent the reverse flow of fluid from cramping up your colon. The technologist will then insert a tube into your rectum and fill your lower bowel with barium. This will make the region show up on the X-ray. You will be asked to roll around on the exam table so that the barium can coat your colon. Once your colon is coated with barium, the radiologist will take several X-rays. If you are having an Air Contrast Barium Enema, your colon will next be drained of barium and puffed up with air to give us a 3-dimensional view of your colon. You may feel rather full and uncomfortable from the amount of air coming in. The entire exam will take about 45 minutes.

POST PROCEDURE INSTRUCTIONS:

You will go to the bathroom and eliminate most of the air and barium. The radiologist may ask you to return for more views when you’re done. Once the radiologist has reviewed your images you will be dismissed. You should drink lots of fluids for the next three days to help eliminate any leftover barium. A report will be sent to your doctor in about three business days.

If you are unable to keep your appointment please contact us 24hrs in advance to cancel.

The Department of Radiology
(773) 702-6161

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