BOWEL PREP INSTRUCTIONS FOR BARIUM ENEMA

Go to the pharmacy and buy the following items that are all over the counter:
- 10 ounces of magnesium citrate
- 7 Bisacodyl Tablets
- 1 Dulcolax Suppository

THE DAY BEFORE YOUR SCHEDULED BARIUM ENEMA:

Starting once you wake up and continuing through the entire day you will be on a clear liquid diet.

Clear liquid diet consists of: Water, Gatorade, Kool aid, Tea, Cokes/Carbonated Beverages, Clear Fruit Juices without pulp, Coffee with no creamers (liquid or powder), Jell-O with no fruit or whip cream topping, Chicken or Beef Bouillon/Broth, and Popsicles. DO NOT CONSUME ANY FATS, MILK OR CREAM AND PREFER NO CAFFEINATED DRINKS.

At 4 PM (1600) Drink 10 ounces of Magnesium Citrate

At 5 PM (1700) Take four (4) Bisacodyl tablets by mouth with an 8 ounce glass of clear liquid. Do not crush or chew tablets.

SUPPER: Clear liquids

At 9 PM (2100) Drink an 8 ounce glass of clear liquid and then do not take anything else by mouth.

THE DAY OF THE BARIUM ENEMA:

At 6 AM (0600) Remove foil from a Dulcolax Suppository, wet suppository lightly with water, insert rounded end first into rectum and retain for 20 minutes if possible.

AFTER BARIUM ENEMA:

After barium enema is completed take 3 (three) Bisacodyl tablets or a laxative of choice for the removal of the barium that is given during the test. This is very important as you can get constipated from the retention of the contrast.

NOTE FROM RADIOLOGY & PHARMACY DEPARTMENTS: DO NOT TAKE THE BISACODYL TABLETS WITH MILK OR ANTACIDS. PATIENTS THAT ARE TAKING COUMADIN OR WARFARIN MAY HAVE A DECREASED EFFECT. NOTIFY YOUR PHYSICIAN IF TAKING COUMADIN OR WARFARIN.