



Barium Enema Preparation Instructions

PATIENT'S NAME: _____

APPOINTMENT DATE / TIME: _____

Your doctor has requested an x-ray examination of the lower bowel. This examination is called a “**Barium Enema (BaE)**” or a “Lower G.I. Series.” For a more detailed explanation of this procedure, please refer to the accompanying brochure.

This procedure will take 30 – 40 minutes to complete, therefore, please be prepared to be in Radiology for at least that amount of time.

Please check in at the Radiology Reception Desk 15-minutes before your scheduled appointment to allow for registration and dressing. As parking is often a problem, coming even earlier may ensure you arrive on time at the desk. Patients more than 20-minutes late will likely be rescheduled so we can stay on track for other scheduled patients.

Preparation Instructions for a Barium Enema (BaE). This is a 24-hr preparation.

Day Before The Scheduled Exam:

Breakfast – Eat a “non-residue” diet. Do not eat sugar or dairy products.

Noon – Eat a Light Lunch such as Clear Soup, Unsweetened Fruit Juices, Tea or Black Coffee. Do NOT eat or drink Milk or Cream.

1 p.m. – 4 p.m. - Drink 8 oz of water every hour on the hour.

5 p.m. – Eat a Liquid Dinner such as Clear Soup, Plain Gelatin, Unsweetened Fruit Juices, Tea or Black Coffee. Do NOT eat or drink Milk or Cream.

5:30 p.m. – Add the magnesium Citrate to 8 oz of cold water (use a large clear glass). Stir and drink after the effervescence (fizzing) stops.

6 p.m. – 9 p.m. – Drink 8 oz of water every hour on the hour.

9:30 p.m. – Take the four (4) yellow Bisacodyl tablets with water (Do NOT chew them).

See the reverse for more instructions.

Morning of the Exam:

DO NOT EAT OR DRINK.

Administer the Bisacodyl Suppository (DO NOT EAT IT).

Arrive early for your exam (Park, Check-in, Register, and Dress).

If unable to keep ANY scheduled appointment, call the Imaging Department at:
(510) 814-4047.

After your exam, it is always a good idea to drink plenty of fluids to help remove the remainder of the barium from your system. If you experience any other problems, be sure to call your doctor.

Thank-You.