

PATIENT INFORMATION FOR BARIUM ENEMA

EXAM DATE: _____

EXAM TIME: _____

Your doctor has ordered a barium examination of your colon. It is essential that your colon be completely clear of waste material. Your cooperation in following these instructions will help us to obtain a satisfactory exam and prevent repeat exams. We need you to follow these instructions and not those found in the Fleet Kit.

ON THE DAY BEFORE THE EXAM

- A. Limit diet to clear liquids (broth, Jell-O, soft drinks, clear juices, coffee, tea, etc., (NO MILK or CREAMS))
- B. Drink multiple glasses of water or other liquids
- C. Take four Dulcolax (yellow tablets) at 1400 hours (2 pm)
- D. Take the Phospho-soda buffered saline (clear bottle) at 1800 hours (6 pm).
*it can be mixed with lime soda Sprite or 7-Up

ON THE DAY OF THE EXAM

- A. Place Dulcolax suppository in the rectum as early as possible in the morning.
- B. Do Not eat, drink or smoke before the exam.
- C. Medications can be taken with only enough water to swallow them.

For the study, barium and air will flow into your colon. During the process of filling the colon you will be instructed to roll from side to side or roll over a few times. This allows the barium to coat the walls of the colon. The Radiologist takes spot films. After the completion of film studies you will be allowed to evacuate the barium. After this examination it is important to drink plenty of liquids and foods that are high in fiber. This will aid the barium to move through your colon quicker and decreases chances of constipation.

CHECKLIST

- _____ Liquid diet
- _____ Multiple glasses of water or other liquids
- _____ Phospho-soda buffered saline
- _____ Dulcolax tablets
- _____ Dulcolax suppository

If you have any questions or need to reschedule your appointment please call the Radiology Department at (256) 955-8888 extension # 1800 or 1-800-223-9531 extension # 1800.

IF YOU ARE A DIABETIC LET THE RECEPTIONIST KNOW WHEN SCHEDULING THE EXAM TO RECEIVE THE EARLIEST APPOINTMENT. ALSO BRING A SNACK TO EAT AFTER THE EXAM IS FINISHED.