

ZILKHA RADIOLOGY

369 East Main Street; Suite 18; East Islip, NY 11730-2800
1161 Montauk Highway; West Islip, NY 11795-4930

Tele (631) 277-1600
Tele (631) 669-1717

Fax (631) 277-1638
Fax (631) 669-2227

Preparation for Barium Enema

What is a Barium Enema?

A barium enema is a type of X-ray imaging test that allows doctors to examine your lower intestinal tract. It involves delivering a contrast solution that contains the metallic element barium into the rectum while a technician takes X-ray images of the area. The barium solution will be delivered using an enema — a process in which your doctor pushes a liquid into the rectum through the anus.

The barium solution helps to improve the quality of the X-ray images by highlighting certain areas of tissue. The X-ray used in this procedure is known as fluoroscopy. It allows the radiologist to see your internal organs in motion by tracking the flow of the barium solution through your intestinal tract.

The test doesn't require painkillers or sedation, but there may be moments of slight discomfort

Prior to the test Purchase:

- One bottle of Miralax 238g
- One bottle of 64 ounce Gatorade (any flavor)
- Dulcolax tablets (you will need to take 2 tablets)

Preparation for the Exam:

- Avoid eating lettuce, high fiber foods, seeds and vegetables 3 days before taking the bowel cleansing solution. This will improve preparation.
- You may have clear liquids up to 6 hours prior to the test.
- Unless otherwise directed by the referring physician, take all medications on the day of the exam with small sips of water.

****See Next Page****

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If the procedure is scheduled before 1:30PM:

- Eat **no** solid food the day before your test. Only have clear liquids (water, soda, lemonade, Gatorade, Gelatin (any flavor), Ice pops (any flavor), Italian ices (any flavor), clear broth, strained apple juice, white grape juice, black coffee or tea (without milk or cream))
- At **5pm** – the day before your test mix 238g Miralax with 64 ounces of Gatorade. Drink 8 ounces every 15 minutes until finished. If nausea occurs, wait 30 minutes and continue drinking.
- At 9pm – take 2 Dulcolax tablets.

If the procedure is scheduled after 1:30PM:

- Eat **no** solid food the day before your test. Only have clear liquids (water, soda, lemonade, Gatorade, Gelatin (any flavor), Ice pops (any flavor), Italian ices (any flavor), clear broth, strained apple juice, white grape juice, black coffee or tea (without milk or cream))
- At 6am – the day of your test mix 238g Miralax with 64 ounces of Gatorade. Drink 8 ounces every 15 minutes until finished. If nausea occurs, wait 30 minutes and continue drinking.
- At 9am – take 2 Dulcolax tablets.

*****Please note, no sedation is given for this exam*****

After the Exam:

- It is normal to feel bloated and have gas cramps. This will last until air is expelled from your colon, usually the day after your exam.
- Continue taking your medications as prescribed
- Rest for the rest of the day.
- You may resume your regular diet after the exam. If you feel bloated or have gas cramps, a light or liquid diet by be better.