



# OUTPATIENT RADIOLOGY

Focused on Care, Driven by Excellence

## Getting Ready for Your Barium Enema

Patient Name: \_\_\_\_\_ Date of exam: \_\_\_\_\_

### Proper bowel cleaning is needed for the best exam!

To get a clean and empty colon you will start to prepare the day before your exam. Both a clear liquid diet and the contents of the bowel prep kit are needed to clean out the colon. The bowel prep kit contains a laxative. The laxative will help clean out the bowel for the exam.

### The Day before Your Exam (Prep Day)

Starting at midnight the day of your prep, you may drink as many clear liquids as you want unless you are under a fluid restriction by your doctor. If you are under a fluid restriction, please keep this in mind as you plan for the day. The HalfLytely® described below does not count toward this restriction. Drink **only clear liquids** for breakfast, lunch, dinner, and snacks. **Do not eat any solid foods.** Drink plenty of fluid to avoid dehydration. Avoid red liquids (i.e., red Jell-O®, cranberry juice). Clear liquids include:

- Gatorade®, Powerade® (we suggest sports drinks with electrolytes to help with hydration)
- Water, tea, or coffee (**no** cream or milk; sugar is okay)
- Jell-O®, Popsicles® (**no** fruit or cream added)
- Bouillon or broth
- Apple, white cranberry, or white grape juice (**no** orange, tomato, grapefruit, or prune juice)
- Soda such as Sprite®, 7-Up®, ginger ale, or any cola
- Clear hard candy, gum
- Lemonade (with **no** pulp), iced tea

The day before your exam when you wake up in the morning, add water to the “fill line” on the HalfLytely bottle. Put the lid back on the bottle and shake it to dissolve the powder. You may add the flavor packs if you desire.

- Place bottle in the refrigerator so that it can chill.
- Have light breakfast.
- Have a clear liquid meal for lunch.
- At Noon 12:00 begin drinking HalfLytely every 15 minutes until you drink all of the solution.
- Every hour drink 8 ounces of clear fluids in addition to the HalfLytely.
- Have a clear liquid supper.
- At bed time take the Bisacodyl tablet, do not chew or crush, swallow them whole.

**DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT**

- Do not eat breakfast
- Report to Outpatient Radiology 15 min prior to appointment time.

If you are diabetic and on Insulin: take only  $\frac{1}{2}$  of the evening dose the night before and do not take the morning of the procedure.

If you are diabetic and on Oral Medication: Do not take your diabetic medication the evening before or the morning of procedure.

If you take heart and blood pressure medications, take your morning medication the day of the procedure with a sip of water. If you use inhalers, bring them with you.