

Barium Enema Instructions

DAY BEFORE PROCEDURE:

Breakfast: Clear liquid diet of water, fruit juices without pulp, soft drinks, broth, gelatin, black coffee or tea. Do **NOT** eat solid foods.

Lunch: Clear liquid diet of water, fruit juices without pulp, soft drinks, broth, gelatin, black coffee or tea. Do **NOT** eat solid foods.

1:00 pm: Drink one full 8-ounce glass of water.

2:00 pm: Drink one bottle (300 ml) of Magnesium Citrate (over-the-counter).

3:00 pm: Drink one full 8-ounce glass of water.

4:00 pm: Take 2 ounces (4 tablespoons) of Castor Oil (over-the-counter).

5:00 pm: Drink one full 8-ounce glass of water.

6:00 pm: Drink one full 8-ounce glass of water.

7:00 pm: Drink one full 8-ounce glass of water.

8:00 pm: Drink one full 8-ounce glass of water.

9:00 pm: Drink one full 8-ounce glass of water.

DAY OF PROCEDURE:

6:00 am: Insert one Bisacodyl (Dulcolax) rectal suppository (over-the-counter).
Retain the suppository for at least 15 minutes.

Continue your medications as prescribed by your physician.
You may drink black coffee and water on the morning of the examination.

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