

## Barium Enema Exam

### *How to prepare*

*This handout gives instructions for most patients who are having a barium enema exam (lower GI exam).*

### How do I prepare for the exam?

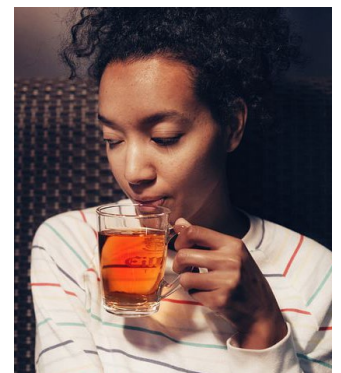
**Please Note:** If you have a Hartmann's pouch, J pouch, another intestinal device, or if the exam is for an *ileostomy takedown*, you do **not** need to follow the directions in this handout. Simply arrive at the Radiology department at your appointment time.

#### ***For all other patients:***

- **Talk with your primary care provider BEFORE you follow these instructions if you have any of these conditions: kidney disease, belly pain with cramps, severe diarrhea, severe intestinal bleeding, or inflammatory bowel disease.**
- Tell your provider about any recent illnesses, other health conditions, or any allergies to medicines you might have.
- *If you were assigned female at birth:* Tell your provider if you are pregnant or breastfeeding, or if there is any chance you could be pregnant.
- Buy these 3 items at your pharmacy (no prescription needed):
  - 8-oz. bottle of liquid magnesium citrate laxative
  - 1 package of Dulcolax tablets
  - 1 package of Dulcolax suppositories
- Store the magnesium citrate in your refrigerator. It will taste better when it is cold.

### For 2 Days Before Your Exam

Have **only** clear liquids (fluids you can see through) **for 2 days before your exam**. You may have clear broth, clear or strained fruit juice (no pulp), coffee, tea, carbonated drinks, or Jell-O. Do **NOT** drink any other liquids or eat solid foods.



*You may have only clear liquids for 2 days before your exam.*

## Day Before Your Exam

On the day before your exam, follow these guidelines. **This is in addition to the clear liquids you are already drinking.**

**1 p.m.** ..... Drink 8 oz. clear liquid.

**2 p.m.** ..... Drink 8 oz. bottle of magnesium citrate laxative (cold).

**3 p.m.** ..... Drink 8 oz. clear liquid.

**6 p.m.** ..... Take 4 Dulcolax tablets with 8 oz. of clear liquid, by mouth.

**7 p.m.** ..... Drink 8 oz. clear liquid.

**10 p.m.**..... Drink 8 oz. clear liquid.

**Bedtime**... Drink 8 oz. clear liquid.

## Exam Day

- In the morning, drink **at least 8 oz.** of coffee, tea, or clear or strained fruit juice (no pulp). **Do NOT have anything else.**
- 2 hours before you leave home for your exam:
  - Insert 1 Dulcolax suppository into your rectum.
  - Wait at least 15 minutes before using the toilet.
- Arrive at the Radiology department at your appointment time.

### Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

UW Medicine Imaging Services: 206.598.6200

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