

Barium Enema Preparation

The presence of stool within the colon may mask or be confused with abnormalities on the barium enema. Preparation for barium enema is aimed at clearing the colon of stool. If, by the time of your examination, your bowel movements are not clear, you should notify the receptionist or technologist.

You may take your medications with sips of water on the morning of the examination.

If you are being treated for diabetes, ask your doctor if you need to modify the timing or dose of your diabetes medications.

You will need to purchase at the Pharmacy:

- 1 Box Pico-Salax containing two packets - You will need to use both packets at times listed below.
- Bisacodyl Laxative (such as Dulcolax) - 4 tablets (5mg each)

Day before your examination:

1. No solid food, only clear liquids the day prior to procedure (Clear Liquids: apple juice, Jell-O, chicken broth, Gatorade, popsicles, pop, water, ice, white grape juice or white cranberry juice, black tea and coffee no milk and no cream)
2. At 8:00 a.m., 4 Bisacodyl (Dulcolax) tablets (5mg each) by mouth with 1-2 glasses of water.
3. a) Take 1st packet of Pico-Salax at about 11:00 am - mix it in a 5-ounce (150ml) mug of cold water. The mixture becomes warm, let it cool before drinking. You must continue to stir while drinking to ensure all the laxative has dissolved. Drink one glass of room temperature water each hour over the next three hours. Most people will have 3-6 watery bowel movements. You will be making several trips to the bathroom throughout the afternoon. This could impact your work and ability to perform work duties.
b) Take 2nd packet of Pico-Salax at about 3:00 p.m. - mixing it the same as the first packet.
Additional clear liquids can be drunk up to midnight.

Day of Examination:

Continue with no solid food. You may drink 1-2 cups of clear liquids the day of the examination. You may take your required medication as usual, except if it must be taken with solid food.