

**GRAVES GILBERT CLINIC X-RAY DEPARTMENT
INSTRUCTIONS FOR BARIUM ENEMA OR IVP X-RAY**

Test: Barium Enema examination take pictures of the large bowel or colon into which Barium has been inserted.

Purpose: The purpose of the Barium Enema is to detect diseases of the colon which include polyps (which are small finger-like growths in the bowel lining), diverticula (which are small sacs in the bowel lining), infectious disease, inflammatory diseases of the bowel, and colon cancer.

HOW TO GET READY FOR THE TEST:

You will be given a preparation kit for cleaning your colon prior to this examination. You will also be given instructions to follow regarding this kit to cleanse your colon prior to Barium Enema examination. If there are 2 days prior to scheduling of your Barium Enema, it is important that you avoid raw vegetables, fruits, nuts, raisins, and other high roughage content foods. **You should take nothing by mouth following 10:00 PM on the night prior to the examination.** This means no food or fluids. Only prescription medication can be taken with limited fluid.

ADDITIONAL INFORMATION:

Barium Enema should take approximately 1 hour. The day of the examination and the following day additional water should be taken to enhance the elimination of the Barium that is in your colon.

BARIUM ENEMA PREPARATION

Example of Liquid Diet: Tea (Hot or cold), Bouillon or clear broth, Jello – plain with no fruit added (any flavor), Popsicles (water or fruit flavor), Gatorade, Black Coffee (no cream or milk added), Juices, Koolaid (any flavor)
NO MILK OR DAIRY PRODUCTS OR NO CARBONATED BEVERAGES

DAY BEFORE EXAM:

Breakfast	Clear liquids.
Lunch	Clear liquids.
12:00 NOON	Drink entire contents Evac-Q-Mag over ice.
1:00 p.m.	8 oz. water.
2:00 p.m.	8 oz. water.
3:00 p.m.	8 oz. water.
Dinner	Clear liquids.
7:00 p.m.	Take four (4) Evac-Q-Tabs laxative tablets in kit with 8 oz. water.
8:00 p.m.	8 oz. water.
9:00 p.m.	8 oz. water Insert Evac-Q-Kwick suppository.

Nothing by mouth after 10:00 p.m.

Your test is scheduled for _____ o'clock on the _____ day of _____.