

# Barium Enema (BE)

THE FOLLOWING INSTRUCTIONS ARE VERY IMPORTANT AND MUST BE FOLLOWED CORRECTLY. PLEASE READ THEM CAREFULLY BEFORE BEGINNING YOUR PREPARATION.

## Helpful Tips:

- Many patients find that Charmin Plus toilet tissue minimizes anal irritation from repeated wiping.
- Rubbing a small amount of hydrocortisone cream, such as Cort-Aid, around the anal area after each bowel movement can lessen the irritation.

## Important Information Regarding Medications You May Need to Stop/Adjust One Week Prior to Your Exam:

- If you take a diuretic, please call the physician who prescribed it, make your physician aware you are doing a bowel cleansing preparation and let him/her advise you regarding holding your medication.
- If you take potassium, call the physician who prescribed it and ask him/her if you should adjust your dose since you will be using a bowel cleansing preparation.
- If you have a history of renal insufficiency please inform the office where you are having your exam.
- If you are taking iron supplements, you must discontinue 5 days prior to your exam.

## Before Your Exam:

- You will need to purchase two bottles of MIRALAX 238 mg from your pharmacy (no prescription needed).

## Two days before your exam:

- Follow a Clear Liquid Diet (see next page for diet specifications).
- **5 PM** - Mix one full container of Miralax with 32oz. of Iced Tea or Gatorade (Lemon-lime or clear) - no dark blue or red or purple. Mix well and drink 8oz. every 30 mins and try to have all 4 by 6pm. This is a laxative. You should begin to have close spaced bowel movements. You will want to be near a rest room. Continue to drink clear liquids

## Bring relevant studies and reports to your appointment

University Radiology is able to obtain electronic images and reports for you if the previous studies were performed at our imaging centers or at one of our affiliated hospitals located across New Jersey. Please visit our website for a full listing: [UniversityRadiology.com](http://UniversityRadiology.com)

## Bring your prescription, insurance card, and photo ID

They are required for this procedure.

## Glucose Monitoring Devices

Devices such as the 'FreeStyle Libre' must be removed before any MRI, CT scan, PET/CT scan, Mammogram, DEXA, or X-ray. The exposure may damage the device and cause incorrect readings.

## Payment

You will be expected to pay your estimated co-payment, co-insurance and/or deductible at the time of your appointment. Call your insurance provider if you have questions about your plan or coverage.

## Questions?

Call **800-758-5545**

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## Day before the exam:

### \*Ensure that you have easy access to a restroom\*

- **8 AM** - Take two Dulcolax tablets. This can produce a bowel movement within 30 minutes to 6 hours. Take these with your clear liquid breakfast.
- **12 PM** - Clear liquid lunch. Follow the Clear Liquid Diet.
- **4 PM** - Mix one full container of Miralax with 32oz. or Iced Tea or Gatorade (Lemon-lime or clear) - no dark blue or red or purple. Mix well and drink 8oz. every 30 mins and try to have all 4 by 6pm. This is a laxative. You should begin to have close spread bowel movements. You will want to be near a rest room. Continue to drink clear liquids.
- **6 PM** - Clear liquid dinner. Follow the Clear Liquid Diet.

## Day of the exam:

- **NOTHING TO EAT PRIOR TO YOUR EXAM**
- Wear comfortable clothing that is easily removable.
- Leave jewelry and other valuables at home.

## CLEAR LIQUID DIET

A clear liquid diet consists of clear liquids, such as water, broth and plain gelatin that are easily digested and leave no undigested residue in your intestinal tract. A clear liquid diet helps maintain adequate hydration, provides some important electrolytes, such as sodium and potassium, and gives some energy at a time when a full diet isn't possible or recommended.

### The following foods are permitted:

- Plain water
- Fruit juices without pulp, such as apple juice
- Strained lemonade or fruit punch (not red or purple)
- Clear, fat-free broth (bouillon or consommé)
- Clear sodas Plain gelatin (not red or purple)
- Honey
- Ice pops without bits of fruit or fruit pulp (not red or purple)
- Tea or coffee without milk or cream

### Avoid:

- Liquids or gelatin with red coloring
- Any food not listed above

## EXAMPLE OF A CLEAR LIQUID DIET

### Breakfast:

- 1 glass fruit juice (strained without pulp)
- 1 cup coffee or tea (without dairy products) 1 cup broth
- 1 bowl gelatin

### Snack:

- 1 glass fruit juice (strained without pulp) 1 bowl gelatin

### Lunch:

- 1 glass fruit juice (strained without pulp) 1 glass water
- 1 cup broth
- 1 bowl gelatin

### Snack:

- 1 ice pop (without fruit pulp)
- 1 cup coffee or tea (without dairy products) or a soft drink

### Dinner:

- 1 cup juice or water 1 cup broth
- 1 bowl gelatin
- 1 cup coffee or tea

### Purpose:

A clear liquid diet is necessary prior to this procedure because it is designed to keep your stomach and intestines clear, limit strain to your digestive system, but keep your body hydrated as you prepare for this procedure.