



Barium Enema Preparation Instructions

Appt Date: _____ Check-in Time: _____ Exam Time: _____

Two (2) days before your procedure, purchase the follow items at your local pharmacy. They are located behind the counter so ask your Pharmacist for assistance.

1. One (1) 10 ounce bottle of Citrate of Magnesia
2. Four (4) Dulcolax (Biacodyl) 5mg tablets.

DAY BEFORE EXAM

- 12:00 PM Drink 5 ounces of Citrate of Magnesia
- 3:00 PM Drink 5 ounces of Citrate of Magnesia
- 6:00 PM Swallow two (2) of the Dulcolax tablets with water
- 9:00 PM Swallow the remaining two (2) Dulcolax tablets with water

BREAKFAST, LUNCH, AND DINNER MUST ALL BE CLEAR LIQUIDS. YOU MAY HAVE AS MUCH AS YOU LIKE AND MAY PICK FROM THE FOLLOWING:

Fruit Juices: Any clear fruit juice that doesn't contain pulp like apple juice, grape juice, cranberry juice, and pulp-free orange juice.

NO nectars, canned, fresh, or frozen fruit.

Soups: Any clear broth, bouillon, or fat free consommé.

NO cream based soups or soup with vegetables, noodles, rice, meat, or other chunks of food in them.

Beverages: Coffee, tea (hot or cold), Kool-Aid, soda, and water.

NO cream or milk can be used.

Sweets: Fruit ices, plain jello, clear hard candy, and popsicles made without any chunks of fruit or cream in them.

Individual responses to laxatives vary.

This preparation often works within 30 minutes but may take as long as 3 hours. Remain close to a restroom as multiple bowel movements will occur.

If you have any questions, please call us at **(626) 445-4850**.

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