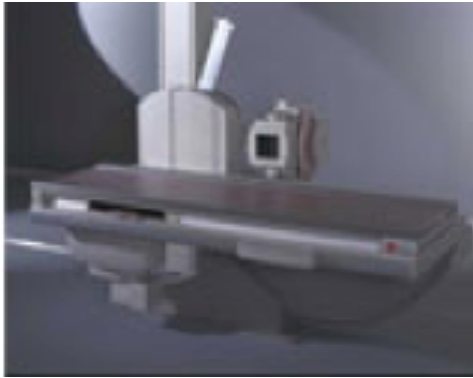


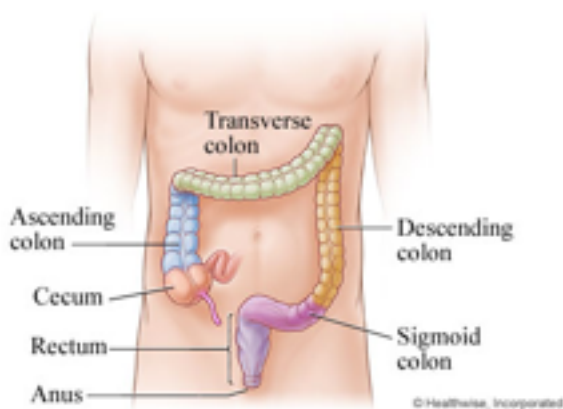
Barium Enema Adults (14 years and older)



How to prepare for a Barium Enema?

You will need to purchase at the pharmacy:

1. One bottle of Citro-Mag
2. Dulcolax suppository



Preparation begins the day before the examination

Breakfast & Lunch: Low residue diet.

You may have white toast or bread and butter, boiled, poached or scrambled eggs, clear tea or coffee, clear fruit juice, fish, lean meat, boiled or mashed potatoes, clear soups, canned or well cooked string beans, beets, carrots, peas, spinach.

3 pm: Drink one full (8 ounce) glass of water.

4 pm: Drink one full (8 ounce) glass of water.

5 pm: Clear fluid supper – clear soup, fruit juice, clear coffee or tea, carbonated soft drinks.

7 pm: Drink one full (8 ounce) glass of water.

8 pm: Drink one bottle of Citro-Mag (magnesium citrate) - COLD

9 pm: Drink one full (8 ounce) glass of water.

10 pm: Drink one full 8 ounce) glass of water.

The morning of the examination:

Insert a Dulcolax suppository into the rectum 2 hours before your appointment time so that it is discharged before you leave home

Breakfast – Clear tea or coffee or clear fruit juice.

What is a Barium Enema?

This is an x-ray examination of your large bowel (colon/intestine) after it is filled with barium and air which is administered by an enema tip inserted into the rectum.

What will happen During a Barium Enema?

You will be instructed to change into a hospital gown. You may keep socks and shoes on. The technologist will bring you into the x-ray room and assist you on to the x-ray table.

A tube will then be inserted into your rectum to administer the barium and sometimes air. X-rays will be taken during the administration of the barium. You may feel the urge to empty your bowels. Let the technologist know if there is extreme pain, or too much difficulty holding the barium.

When the x-rays are done, you will be sent to the washroom to expel the barium. The technologist may take one more x-ray after you have emptied your bowel.

The exam usually takes approximately 1 hour.

What will happen after the Barium Enema?

You may feel tired, thirsty and hungry. You can eat and drink plenty of fluids. If you don't drink enough fluids, the barium may constipate you. Your stools will be light colored until all the barium has been expelled.

The radiologist will send the report to your physician. The results will be given to you by your physician.