



BARIUM ENEMA INSTRUCTIONS

Your physician has requested a barium enema examination of the colon (large intestine). A BE Prep Kit has been provided to you (available from your clinician or at the Front Desk of the Providence Imaging Center in Anchorage). Your colon must be clean and empty for a satisfactory examination. It is important that you carefully follow the instructions below.

If you have severe kidney disease, cramping abdominal pain, considerable diarrhea, or intestinal bleeding or inflammatory bowel disease, consult your primary physician before proceeding with these instructions.

1. Two days before your examination:

- a) Take only clear liquids. Meals may include clear broth, strained fruit juices, tea (no dairy added), coffee (no dairy added), carbonated beverages or jello.

2. One day before your examination (begin using the BE Prep Kit):

- a) Clear liquids for breakfast (same as #1).
- b) Clear liquids for lunch (same as #1).
- c) Drink 8 oz. of clear liquids (same as #1) every hour between 1:00 and 5:00 p.m. (four glasses total).
- d) 5:30 p.m. – Add magnesium citrate (in kit) to 8 oz. cold water (use large clear glass). Stir. Drink after fizzing stops.
- e) Drink 8 oz. of clear liquids (same as #1) every hour between 6:00 and 9:00 p.m. (four glasses total).
- f) 9:30 p.m. – Take four (4) orange Bisacodyl tablets (in kit) with water. **DO NOT CHEW.**

3. The morning of your examination:

- a) Drink at least 8 oz. clear liquids in the morning, but **DO NOT EAT.**
- b) At least one hour before leaving for your examination, insert Bisacodyl Suppository (in kit) into your rectum. Wait at least 15 minutes before evacuating.

If you are **diabetic**, please drink clear liquids, juices with sugar content, and broths (examples are apple or cranberry juice, 7-up, Sprite, chicken broth). **DO NOT TAKE YOUR DAILY INSULIN DOSE WITHOUT FIRST CHECKING YOUR BLOOD SUGAR BEFORE MEALS AND AT BEDTIME DURING THE ENTIRE 3 DAY BARIUM ENEMA PREP WHEN YOU ARE ONLY DRINKING CLEAR LIQUIDS, AND BROTH. Please contact your primary care provider regarding any changes they may want to make for your insulin dosage or oral diabetic medication.**

Please pre-register* by phone for your exam by calling 212-3151 (or toll free at 888-458-3151). If you cannot call ahead of time, please arrive 15 minutes early the day of your exam to register in person at our front desk.

After your examination, if you are troubled by constipation, please consult with your physician for a mild laxative to remove the barium from the colon.

* You may also pre-register Online at www.provimaging.com/register