

### **Preparation for a Barium Enema Exam**

To schedule your exam, call Sonoma Valley Hospital Patient Access at (707) 935-5020

Minors must be accompanied by a parent or guardian.

A Barium Enema is an X-Ray examination of the large intestine, also known as the colon. This includes the right or ascending colon, the transverse colon, the left or descending colon and the rectum. The appendix and a portion of the small intestine may also be included.

#### **Prior to the Exam**

- Please let us know if you need an interpreter.
- If you are pregnant or may be pregnant, please tell your doctor or technologist.
- Please leave your valuables at home, including jewelry and/or metallic items.
- Wear comfortable clothes 100% cotton.

#### **Preparation for the Exam**

- Please bring a list all your prescription medications, over-the-counter medications and herbal supplements (including frequency and dosage).
- Take your daily medications as you normally would, unless instructed otherwise.
- The technologist will verify your identification and exam requested.
- The technologist will ask you to change into a hospital gown for most exams; a locker will be supplied to secure your belongings.

On the day preceding the exam, do not eat any solid foods. Please follow a clear liquid diet the entire day before your exam. Clear liquids include:

- Strained juices without pulp (apple, white grape, lemonade, white cranberry)
- Water
- Clear broth or bouillon
- Coffee or tea (without milk or non-dairy creamer)
- All of the following that are not red or purple in color:
  - Gatorade
  - Carbonated and non-carbonated soft drinks (Sprite, 7-Up, Ginger Ale)
  - Plain Jell-O (without added fruit or toppings)
  - Ice popsicles

Throughout the day, please make sure you drink plenty of liquids to prevent dehydration. The liquids are an important part of the preparation.



**At 5:00 PM drink one (1) 10 ounce bottle of Magnesium Citrate; follow this with 8 ounces of clear liquids. Drink a minimum of three (3) additional 8 ounce glasses of clear liquids throughout the evening. Continue to follow a clear liquid diet; you may resume a normal diet after your exam.**

Day of the exam

**One and one half hours prior to leaving for your exam, please use one (1) Dulcolax suppository. This should result in a bowel movement within 30 minutes. Please arrive approximately 30 minutes before the exam.**

**PRECAUTIONS:**

1. If you are a diabetic and require insulin, please contact your doctor before starting the preparation.
2. If you have an inflammatory condition of the gastrointestinal tract, such as Crohn's disease, regional enteritis or ulcerative colitis, you may want to discuss this preparation with your physician.
3. If you have previously had an adverse response to any of the laxatives used in this preparation, please consult your physician for substitute laxative choices.
4. If you suffer from severe or chronic diarrhea, you may want to discuss this preparation with your physician.
5. This barium enema preparation is designed for use by the "average individual". If you have any doubts or concerns about your preparation, please do not hesitate to discuss them with your own physician. Additional questions may be directed to the radiologist.

**Important: Please bring your physician's prescription and referral with you for the exam.**  
If you have any questions about your exam, please call Sonoma Valley Hospital 707-935-5020.

