

BARIUM ENEMA

PREPARATION

Over 14 years of age: you are required to purchase oral laxatives from your local pharmacy. The suggested oral laxative is PICO-SALAX (2 sachets in the box), and Bisacodyl tablet laxative (eg. Dulcolax). No prescription is required. If either of these brands are not available, your pharmacist may recommend an equivalent oral laxative.

Two days (48 hours) prior to the test – take 15 mg of Bisacodyl laxative (eg. 3 Dulcolax tablets, 5 mg each), start a clear fluid diet (no solid foods from this point in time until the test is completed). Between 3 – 7 pm take the first sachet of PICO-SALAX, mixed with 5 ounces of cold water (small glass). Drink at least 5 large glasses of clear fluid before going to bed for the night.

One day (24 hours) prior to the test – continue with clear fluid diet (no solid foods). Between 3 – 7 pm take the second sachet of PICO-SALEX mixed with 5 ounces of cold water.

Day of your examination – nothing to eat or drink. You may take your medications with a small sip of water..

After your examination: resume your normal diet and fluid intake.

Ages 1 – 4: clear fluids the evening prior to the procedure. Take Dulcolax 5 mg orally the evening before the procedure. Dulcolax 5 mg rectally at 7 am the morning of the procedure. Consult a radiologist if in doubt.

Under 1 year of age: no preparation

**Please note that your physician may modify these orders in accordance with your current health situation.

CLEAR FLUID DIET:

*** Absolutely NO MILK or MILK PRODUCTS***

Beverages you may have include:

coffee (black), tea (black) – sugar is allowed

carbonated beverages (Sprite, 7-Up, Gingerale)

fruit juice – strained, no pulp, lemonade, apple juice

soups – limited to clear broth (fat free), consommé, bouillon, Bovril

desserts – limited to flavoured or unflavored Jell-O/gelatin

PROCEDURE

Barium is introduced into the large bowel through the rectum to outline the mucosal pattern. Air may be used with the barium to better visualize the bowel. This procedure demonstrates mucosal surfaces, tonus of the colon and lumen.

Time to perform: 45- 60 minutes