

## Barium and Water Soluble Enema Prep

Diagnostic Radiology

**This test can only be performed 14 days post biopsy or polyp removal.**

### **For Adults:**

Complete the following steps the day BEFORE your test:

1. Follow a strict clear liquid diet.

A clear liquid diet consists of apple or cranberry juice, beef, chicken, or vegetable broth, tea, coffee (without cream, milk, or sugar), Gatorade, Kool-aid, and jello.

\*Please avoid juices with pulp, milk, cream, and all solid food.

2. At 3pm, take FOUR 5mg Dulcolax (Bisacodyl) tablets. Please do not chew, but swallow the tablets with a clear drink. Mix a 10 oz bottle of Miralax with water or any clear liquids listed above following the instructions on the bottle. Please consume all contents.
3. **Do not eat or drink after 10pm.**

Complete the following steps the day OF your test:

1. Take prescribed medications with a small sip of water.
2. If your stool is not clear, please call and reschedule your test. If you get to the facility and have too much stool remaining, you may be asked to reschedule your test and prep again.

**\*For ostomy patients: please bring additional ostomy supplies for after the test\*\***

### **For pediatrics:**

The day before the exam, increase your child's CLEAR liquid intake.

On the evening before the exam, give your child Milk of Magnesia under the following dosage guidelines.

2-5 years: 2 teaspoons

6-11: 2 tablespoons

12 years and older: 4 tablespoons

**Nothing to eat or drink after midnight.**