



Emory Department of Radiology

Patient Preparation Instructions for Barium Enema

Please purchase the following items (laxatives are over-the-counter):

- GATORADE [two 32 oz. bottles of lemon –lime or clear Gatorade. **No red or purple**]
- DULCOLAX 5mg tablets [four tablets]
- MIRALAX BOTTLE 238 grams [over-the-counter only]

Dietary Restrictions

1. TWO DAYS PRIOR TO PROCEDURE:

A Low Residue Diet is to be followed two days prior to the procedure.

Foods You Can Eat:

- Well-cooked vegetables (potatoes and tomatoes without skins)
- Canned or cooked fruit
- White bread, crackers
- Eggs
- Boiled, baked or broiled chicken, beef, fish, or pork
- Sherbert, cake or pie without seeds, nuts, raisins, or coconut

Foods to Avoid:

- Raw or deep-fried vegetables
- Fried meats, chicken, or fish
- Cold cuts, salami, sausage
- Dried peas or beans
- Skins, seeds and corn
- Raw fruits
- All nuts
- Any product that contains whole grain or bran (breads, cereals, crackers)
- Tough, cured BBQ or pickled meats
- Any desserts with seeds, nuts, raisins or coconut
- Popcorn

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2. ONE DAY PRIOR TO THE PROCEDURE - follow steps A and B:

A. Clear Liquid Diet

Fluids you can drink:

- Sodas (7-up, Sprite, Orange Soda, Cola)
- Gatorade or PowerAde
- Apple or white grape juice
- Iced tea
- Black coffee, plain tea (please limit quantity)
- Clear soups (i.e., bouillon)
- Water

Fluids to Avoid:

- Milk, chocolate milk, or cream
- Orange juice
- Tomato juice
- Red Jello

B. Specific preparation instructions:

- 3 PM: take 2 DULCOLAX tablets
- 5 PM: Mix the entire bottle of MIRALAX into the 64 ounces of GATORADE. [Put half the bottle in each 32 ounce bottle]. Shake the solution until fully dissolved. Drink an 8 ounce glass every 30 minutes until the solution is gone
- 7 PM: Take the last 2 DULCOLAX tablets.

*****HAVE NOTHING TO EAT OR DRINK AFTER MIDNIGHT**

Remember: The preparation is very important. An adequate clean-out allows for the best evaluation of your entire colon.

For questions about this preparation, please call 1-404-778-9729