Emory Department of Radiology and Imaging Sciences

Barium Enema Preparation

Follow the 48 hour prep instruction below unless otherwise instructed by your prescribing physician. The preparation is very important. An adequate clean-out allows for the best evaluation of your entire colon.

Please purchase the following items:
- GATORADE (two 32 oz. bottles)
- LIQUIDS for the day before your Barium Enema (see list below)
- DULCOLAX 5mg tablets (four tablets)
- MIRALAX Bottle 238 grams

Medications listed above are laxatives, they are available for purchase over-the-counter.

2 Days prior to the procedure: follow a low Residue diet which includes:
- 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
- Sherbet, cake, or pie without seeds, nuts, raisins, or coconut

Foods and fluids to avoid:
- Beans, fried foods, any raw vegetables, fresh fruit, seeds, nuts, raisins, coconut, anything labeled “high fiber”
- Wheat or seeded bread, wheat or seeded crackers
- Orange juice
- Tomato juice

1 day prior to the procedure: follow a Clear Liquid Diet which includes:
- Sodas: regular or diet (7-up, Sprite, Orange Soda, Cola)
- Gatorade or PowerAde
- Apple or grape juice
- Iced tea
- Black coffee, plain tea (please limit quantity)
- Clear soups (i.e. broth or bouillon)
- Water

Also 1 day prior to the procedure: follow these instructions:
- 3:00 PM: take 2 DULCOLAX tablets
- 5:00 PM: mix the entire bottle of MIRALAX into 64 ounces of GATORADE (Put half of the MiraLAX into each 32 ounce bottle of Gatorade)
- Shake the solution until fully dissolved: drink an 8 ounce glass every 30 minutes until the solution is gone.
- 7:00 PM: take the last 2 DULCOLAX tablets
- Nothing to eat or drink after midnight
- You may take your regular medications with sips of water.