

# 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.