



### What is a Barium Enema?

A Barium Enema is an x-ray that shows the large bowel. In order to see the bowel, it must be clean and empty.

### Before the Test?

If you have a drug plan, obtain a prescription from your physician for the Bowel prep. You will need.

- 1 package of Dulcolax (4 tablets).
- 1 package of Pico-Salax (2 packets).

### How do I prepare for a Barium Enema?

#### On the day before your test:

- Eat a regular breakfast, then clear liquids for the rest of the day. This includes black coffee, black tea, clear soups/juices, Jello and soft drinks (only clear, for example 7-Up or Sprite), but **NO MILK OR SOLID FOOD**.
- At 3:00 pm take 4 Dulcolax (bisacodyl) tablets.
  - At 5:00 pm take first packet of Pico-Salax mixed with 5 oz. of cold water. Drink one large 8 oz. glass of clear fluids every hour until 9:00 pm.
  - At 9:00 pm take second packet of Pico-Salax same as above and drink clear fluids every hour until bedtime.



- Have nothing to eat or drink after midnight.
- If you are diabetic, **DO NOT** take your insulin before the exam. Bring your insulin with you, as well as something to eat with it.
- If you have an “ostomy” discuss your preparation with your doctor and bring your own supplies to change your bag.
- Continue to take your usual medications, even when you are asked not to eat or drink (only for this test).

### Who does the examination?

This procedure is done by a radiologist (x-ray doctor) and a technologist.

### What happens during the test?

You will be asked to lie on your side on an x-ray table and the technologist will insert the tip of an enema tube into the rectum. The radiologist watches the barium on a TV monitor as it flows through the bowel.

Images are taken as you roll from side to side. Air will be put into the bowel through the same tubing. You may feel cramping and want to empty your bowels. You will need to hold the barium and air inside until all the images have been taken.

When the radiologist has finished taking the images, the technologist will then take a few more. The tube will be taken out and you will be sent to the washroom.

This test takes about 60 minutes.

### What happens after the Barium Enema?

You may return to your normal diet and insulin routine. Drink plenty of liquids to allow the barium to pass out of your bowel.

### When do I find out the results?

The radiologist will provide a report to the physician who requested your test.

The physician will receive the results within 3 business days.

### QUESTIONS:

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