

Instructions for Barium Enema Colon Prep

You will need to purchase the following items for this bowel preparation:

- Two bottles of Miralax powder (4.1 oz/119 grams)
- Four Dulcolax tablets (bisacodyl) 5mg. (1 box)
- 64 ounces prepared Crystal Light. (2 quarts equal 64 ounces)
- Or you can purchase Gatorade (Two 32 oz bottles)

1. Begin a clear liquid diet upon awakening on the day before your exam.

•Clear liquid diet includes: Juices with no pulp, water, clear broth or bouillon, coffee, tea, Gatorade, Kool-aid, plain jello and popsicles. **Please no red or purple. No milk or milk products.**

•**ATTENTION DIABETICS:** Please check your blood sugar as you may need to use low or no sugar liquids.

2. At 2:00pm take all four Dulcolax tablets at the same time with water.***

3. Prepare the Crystal Light as directed. Mix the first bottle of Miralax with 1 quart (32 ounces) of the prepared Crystal Light or a bottle of Gatorade. Begin drinking mixture between 3:00pm and 4:00pm. Try to drink an 8 ounce glass every 15 minutes.***

4. Prepare the second bottle of Miralax the same as the first. Begin drinking this mixture between 4:00pm and 5:00pm.

•The **entire prep** all 64 ounces of Crystal Light or Gatorade should be consumed in 2 hours between 3:00pm and 5:00pm. Note: It takes the entire prep to do a good job of cleansing and to get an optimum exam. ***

5. You may have a liquid dinner after 5:00pm. However, nothing more to eat or drink after 10:00pm. The morning of the exam you may drink one glass of water. You may also take any medications that are needed.

*****THESE TIMES CAN VARY DEPENDING ON YOUR DAILY ROUTINE**