



Instructions for X-ray Examination of the Colon (Barium Enema)

Below are the instructions for your scheduled barium enema. Please read these instructions carefully. Should you have any questions, please call our office for assistance at **202-444-3400**. The accuracy of the X-ray study of the colon depends on the care taken in preparing the colon for the procedure. The colon must be completely free of feces or waste matter, which can resemble a tumor on an X-ray. *Follow these instructions CAREFULLY!*

Before the Exam:

A three-day low fiber diet is preferable. (If it is not possible, start as soon as your study is scheduled).

Days 1 and 2:

- **Do not eat** bread, fruit, vegetables, milk or milk products
- **Do eat** any of the following:
 - Jello without fruit
 - Eggs (hard boiled or scrambled well done)
 - Butter, oil or margarine (no bread)
 - Macaroni, noodles, spaghetti, rice or farina
 - Strained lean meat and liver (baby food), chopped tuna or skinless fish
 - Strained fruit juices (no pulp or fiber)
 - Strained soup or broth (no solids or fiber)
 - Water, weak coffee, Sanka®, carbonated beverages, Gatorade® or Kool-Aid®

Day 3:

- Eat only clear liquids or hard candy. You may have a moderate amount of sugar
- Drink one 8 oz. glass of water each hour starting at 11 a.m. until 8 p.m.
- At 6 p.m., drink a chilled bottle of citrate of magnesia (10 ounces)
- At 8 p.m., take three Dulcolax® (bisacodyl) tablets with a large glass of water
- Do not eat or drink anything after midnight until after your procedure

Day of Your Study:

- Do not eat breakfast. Required medications may be taken with a small amount of water.
- Insert Dulcolax suppository into your rectum between 6:30 a.m. and 7 a.m.
- Report to the Department of Radiology (ground floor of the CCC Building) 30 minutes prior to your scheduled appointment time.

After the Study:

The barium should pass out of your body in one or two days, resulting in "white" stool. Your referring physician may order a laxative to ease the passage of the barium. If you do not have a bowel movement within three days, please inform your referring physician.

***Note: If you are a woman of childbearing age** (still having a menstrual cycle), this study should be performed during the first 10 days following the start of your menstrual cycle to minimize any possibility of harm to an embryo. **If there is any possibility you may be pregnant, please inform your referring physician.**