



You have been scheduled for a **Colon x-ray**
(Barium enema)

Appointment Date	
Arrival Time	

You have been scheduled for a **Colon x-ray (barium enema)**.

Barium (chalky liquid) is introduced into the colon through the rectum. Films are taken during filling, after filling and after emptying the colon (going to the bathroom). The exam should not be painful.

Please follow the following instructions to prepare for the exam.

1. Please follow a clear liquid diet the entire day before your exam. Clear liquids include:
 - a. Clear juices without pulp (apple, white grape, lemonade, white cranberry)
 - b. clear broth or bouillon
 - c. Coffee or tea (without milk or non dairy creamer)
 - d. Gatorade: any flavor
 - e. Carbonated and non-carbonated soft drinks (Sprite, 7-Up, Ginger Ale)
 - f. Plain Jell-O (without added fruit or toppings)
 - g. Ice popsicles

Throughout the day, please make sure you drink plenty of liquids to prevent dehydration. The liquids are an important part of the preparation.

2. On the day before the test, follow the directions on the Bowel Prep Kit or your doctor's instructions. You may get this at your physician's office or purchase at a drug store.
3. Do NOT drink anything after 10:00 p.m. the night before.
4. Take your medications as usual with sips of water. If you are diabetic, ask your physician about your diabetic medicines.
5. If you are female, this exam should be done during the first 10 days of your period. If it is done at any other time then a pregnancy test will need to be done prior to the exam to determine there is no unknown pregnancy.

- Please bring your insurance, Medicare, or Medicaid cards with you. To ensure accurate billing, the Admitting staff will need to copy these each time you come to CGH Medical Center for service.
- Check with your insurance company to see if the exam/test ordered requires pre-certification or a second opinion.
- Report to the Admitting department 15 minutes prior to your appointment to allow time for your registration.
- If you have any questions about your scheduled exam, please call the Central Scheduling department at 625-3610 between the hours of 7:30 am to 5 pm weekdays. We will be glad to answer your questions.

100 E. LeFevre Road – Sterling, IL 61081 – (815) 625-0400