



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

<b>Appointment Date</b>	
<b>Arrival Time</b>	

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. Buy the following:

- **One 64 oz Gatorade, Propel, Crystal Lite, or other non- carbonated, clear liquid drink.** If you are diabetic, you may use any sugar- free, non-carbonated, clear liquid drink. No red color.
- **Miralax 238 grams (8.3 oz) powder or generic polyethylene glycol 3350** (located in the laxative section)

3. On the day before the test, PREP day

**Directions for Colon Clearance:**

- Mix all of the Miralax with the 64 oz. of Gatorade or other clear liquid of your choice the morning of the PREP day. Stir/shake the contents until dissolved. Chill if desired.
- Drink half of the Gatorade/Miralax solution. Drink one 8 oz. glass every 15 minutes. You may drink it directly or with a straw.
- Four hours later drink the other half of solution. Again, drink one 8 oz. glass every 15 minutes until completely gone.

4. Do NOT drink anything after 10:00 p.m. the night before.

5. Take your medications as usual with sips of water. If you are diabetic, ask your physician about your diabetic medicines.

6. If you are female, between the ages of 12 and 55, you will need a pregnancy test or sign a pregnancy waiver at time of exam. If you need a pregnancy test, please arrive an hour prior to your exam time.

- 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.

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