



Barium Enema for Outpatients

This instruction sheet has been prepared by Faith Regional Health Services. It includes the basic points of your care. If you have any questions, please feel free to contact them at 402-644-7540.

LET YOUR HEALTH CARE PROVIDER KNOW IF YOU ARE PREGNANT OR MAY BE PREGNANT.

An air contrast barium enema has been ordered for you by your Health Care Provider. This exam is a series of x-ray images taken to evaluate or diagnose a problem in your large intestine or colon. In addition to barium, air may be introduced into the colon. This allows the Radiologist to visualize the colon using x-rays.

IF YOU HAVE CRAMPING, ABDOMINAL PAIN, CONSIDERABLE DIARRHEA, INTESTINAL BLEEDING OR INFLAMMATORY BOWEL DISEASE, CONSULT YOUR HEALTH CARE PROVIDER BEFORE PROCEEDING WITH THESE INSTRUCTIONS.

Prep for children:

- Oral laxative the night before if over one year of age
 - Age 1-2: 1 Tbls Caster Oil
 - Age 3-5: 2 Tbls Caster Oil
 - Age 6-10: 3 Tbls Caster Oil
 - Over 10: 4 Tbls Caster Oil
- May have clear liquids 1 hour prior to exam

Prep for Adults:

You need to pick up a prep kit from your Health Care Provider or the Pill Box at FRHS (FRHS Pharmacy if after hours) prior to the start of the 24 hour bowel cleanse.

This will help you prepare for your procedure by cleansing your lower intestinal tract. **It is important that you follow and complete all directions carefully.** Take only the medications, foods, and fluids in the amounts specified and at the times shown unless otherwise instructed by your Health Care Provider. Following these instructions will provide the best results and avoid having to repeat the procedure. Individual responses to laxatives vary so remain close to toilet facilities once you have started the bowel cleansing process.

24 Hour Bowel Cleanse (Adults only):

Day before procedure:

- **Breakfast:** Clear soup (any broth); strained fruit juices without pulp, flavored gelatin that is not red (do not add extra ingredients), soft drinks, black coffee or plain tea.
- **Noon:** Clear soup (any broth), strained fruit juices without pulp, flavored gelatin that is not red (do not add extra ingredients), soft drinks, black coffee or plain tea.
- **1 P.M.:** Drink 1 full 8 fluid ounce glass of water.
- **2 P.M.:** Drink 1 full 8 fluid ounce glass of water.
- **3 P.M.:** Drink 1 full 8 fluid ounce glass of water.
- **4 P.M.:** Drink 1 full 8 fluid ounce glass of water.
- **5 P.M.:** Clear soup (any broth), strained fruit juices without pulp, flavored gelatin that is not red (do not add extra ingredients), soft drinks, black coffee or plain tea.
- **5:30 P.M.:** Drink entire bottle of Magnesium Citrate oral solution. This product generally produces a bowel movement in approximately 30 minutes to 6 hours.
- **6 P.M.:** Drink 1 full 8 fluid ounce glass of water.
- **7 P.M.:** Drink 1 full 8 fluid ounce glass of water.
- **7:30 P.M.:** Take all 4 Bisacodyl tablets with 1 full 8 fluid ounce glass of water.
 - **Do not chew tablets.** The tablets are to be taken 2 hours after drinking the Magnesium Citrate oral solution. Bisacodyl tablets generally produce a bowel movement in 6 to 12 hours.
- **8 P.M.:** Drink 1 full 8 fluid ounce glass of water.
- **9 P.M.:** Drink 1 full 8 fluid ounce glass of water. **Do not eat after 9 P.M.**

Day of the procedure: DO NOT EAT OR DRINK ANYTHING.

- At least two hours before your examination, unwrap the Bisacodyl Suppository and discard the wrapper.
- While lying on your side with thigh raised, insert the suppository into the rectum and gently push it in as far as possible.
- Retain the suppository for at least 15 minutes, if possible, before having a bowel movement even if the urge is strong. Bowel evacuation usually occurs within 15 to 60 minutes. If assistance is required have a bed pan, commode or help readily available.

PLEASE NOTIFY THE RADIOLOGY DEPARTMENT (402-644-7540) IF YOU WERE UNABLE TO COMPLETE THE PREPERATIONS FOR YOUR TEST OR UNABLE TO FOLLOW THE DIETARY INSTRUCTIONS.

During your exam:

A small lubricated tube is inserted into your rectum. Barium will be instilled into your colon. The barium outlines the inside of the colon while x-rays are taken. A small balloon located at the tip of the rectal tube will help hold the barium in your colon. You may feel the need to “go to the restroom” or to have a bowel movement. The balloon will help prevent this while the x-rays are being taken. During

your exam you will be asked to turn from side to side and to briefly hold your breath. Some gentle pressure may be applied to your abdomen. The change in position will aid the barium to coat the bowel. Air may then be instilled into the colon through the tube in your rectum. This will allow the Radiologist to obtain more detailed x-rays. Your comfort and well being are important to us during your exam. A Registered Radiologic Technologist will be with you to assist you. Please inform them of your needs.

Additional Information:

- The procedure is performed at FRHS West Campus Radiology Department.
- Enter the hospital through the main lobby and check in at the admitting desk.
- Check in 15 minutes prior to appointment time.

Date and time of your exam: _____

Check into admitting desk at: _____

After your exam:

You may resume your usual diet, medications and activity after the procedure. The barium used for the exam will cause your bowel movements or stools to be a light or white color for 24 to 72 hours. Drink 4-6 glasses of water each day and eat enough fruits and vegetables to keep your stools soft and aid in the elimination of the barium. Monitor and be aware of the consistency of your stools. Report any problems of constipation immediately to your Health Care Provider. If you should become light headed, faint, pass blood from the rectum or develop abdominal pain or fever notify your Health Care Provider or report to the Emergency Department.

Results of your test may take 24 to 48 hours to reach your provider and will be discussed with you at your next scheduled office appointment. If you do not have an appointment scheduled and have not heard from your provider, please contact them after 48 hours to set up an appointment to discuss your results.