

PREPARATION FOR BARIUM ENEMA

For an optimal exam, we ask that you be prepared for it by obtaining these two products and following the instructions mentioned below.

You must purchase at the pharmacy:

- One (1) bottle of CITROMAG (10 oz)
- Three (3) tablets of DULCOLAX (5 mg each)

A.PREPARATION THE DAY BEFORE THE EXAM:

Liquid diet:

To ensure that you are well prepared for this exam, **you must be on a liquid diet beginning from when you get up in the morning and until you go to bed. You are allowed 6-8 oz. of water or any other clear liquid every hour.**

The following items are allowed:

- Fruit juice
- Clear broth or consommé
- Jello
- Tea or coffee (sugar but no milk)
- Soft drinks

NO MILK PRODUCTS

Laxatives are to be taken at:

- **4:00 p.m.** – Drink one (1) bottle of refrigerated **CITROMAG** (10 oz)
- **7:00 p.m.** – Take three (3) tablets of **DULCOLAX** (5 mg each)

B.PREPARATION SAME DAY OF THE EXAM:

You must be **FASTING (nothing to eat or drink – not even water)** until the time of your exam.

At all times, continue to **take your regular medications** by swallowing your pills with just enough water (**with the exception of insulin or oral hypoglycemics**).