

## **Patient Instructions for Barium Enema**

### **You will need to purchase the following**

- One 10 fl oz. bottle of Magnesium Citrate Oral solution, USP containing 1.745g Magnesium Citrate per fl oz.
- Four Dulcolax Tablets USP 5mg each
- One Bisacodyl Suppository USP 10mg

You may purchase these from your pharmacy or from Harbin's Pharmacy.

This Prep kit 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 doctor. Following these instructions will provide the best results and avoid having to repeat the procedure. Individual responses to laxatives vary so remain close to bathroom facilities once you have started the bowel cleansing procedure.

This is a 24 hour bowel cleansing preparation. Please follow the below instructions:

### **DAY BEFORE PROCEDURE**

High Fluid Intake is required for this preparation. Drink at least one full 8 fl oz. glass of water at each time specified. DO NOT use milk, cream, or non-dairy creamer.

**Breakfast** Clear soup (any broth); strained fruit juices without pulp; flavored gelatin that is not red; soft drinks, black coffee or plain tea

**Noon** Clear soup (any broth); strained fruit juices without pulp; flavored gelatin that is not red; soft drinks, black coffee or plain tea

**1:00 PM** Drink one full 8 fl oz. glass of water.

**2:00 PM** Drink one full 8 fl oz. glass of water.

**3:00 PM** Drink one full 8 fl oz. glass of water.

**4:00 PM** Drink one full 8 fl oz. glass of water.

**5:00 PM** Clear soup (any broth); strained fruit juices without pulp; flavored gelatin that is not red; soft drinks, black coffee or plain tea

**5:30 PM** Drink entire bottle of Magnesium Citrate Oral Solution. This product generally produces a bowel movement in 30 minutes to 6 hours.

**6:00 PM** Drink one full 8 fl oz. glass of water.

**7:00 PM** Drink one full 8 fl oz. glass of water.

**7:30 PM** Peel the backing off the packet of Dulcolax tablets and remove the four enclosed tablets. Take all four with one full 8 fl oz. glass of water. **DO NOT** chew tablets. The tablets are to be taken two hours after drinking the Magnesium Citrate Oral Solution. Dulcolax tablets generally produce bowel movements in 6 to 12 hours.

**8:00 PM** Drink one full 8 fl oz. glass of water.

**9:00 PM** Drink one full 8 fl oz. glass of water. **DO NOT** eat after 9:00 p.m.

## **DAY OF PROCEDURE**

- **DO NOT EAT OR DRINK ANYTHING**
- At least two hours before the procedure, unwrap the foil wrapper from the Bisacodyl suppository and discard the foil.
- While lying on your side with thigh raised, insert the suppository into the rectum and gently push in as far as possible.
- Retain the suppository for at least 15 minutes if possible before evacuation— even if the urge is strong. Bowel evacuation usually occurs within 15 to 60 minutes.