

Patient Preparation for Colon Exam

Please follow instructions below. Proper preparation is important for a good examination and your personal comfort. Please bring your referral form, photo ID, medical insurance, and a complete list of all current medications with you at the time of your examination.

Barium Enema - Colon Exam

- Eat a light lunch the day before the examination. Clear liquids for dinner.
- WATER ONLY AFTER DINNER.
- Drink a large glass of water at 2, 4, 8 and 11 P.M.
- At 7 P.M. take one 10 oz. bottle of Magnesium Citrate (better tasting when chilled) found at your local pharmacy.
- At 8 P.M. take 4-6 Dulcolax Tablets found at your local pharmacy.
- NOTHING TO EAT OR DRINK AFTER MIDNIGHT, INCLUDING NO GUM OR HARD CANDIES. The Bowel must be clean for a comfortable examination