

Please purchase the following items:

- GATORADE (two 64 oz. bottles, NOT red, pink, or purple)
- LIQUIDS for the day before your Barium Enema (see list below)
- DULCOLAX 5mg tablets (four tablets)
- 2 MIRALAX Bottle 238 grams. You will take one bottle the evening before the procedure and the second bottle the day of the procedure, four hours before your scheduled exam time.

Medications listed above are laxatives, they are available for purchase over-the-counter.

2 DAYS PRIOR TO THE PROCEDURE

Follow a Low Residue Diet which includes:

- Well-cooked vegetables (potatoes and tomatoes without skins)
- Canned or cooked fruit
- White bread, crackers
- Eggs
- Boiled, baked, or broiled chicken, beef, fish, or pork
- Sherbet, cake, or pie without seeds, nuts, raisins, or coconut

Foods and fluids to avoid:

- Beans, fried foods, any raw vegetables, fresh fruit, seeds, nuts, raisins, coconut, anything labeled "high fiber"
- Wheat or seeded bread, wheat or seeded crackers
- Orange juice
- Tomato juice

1 DAY PRIOR TO THE PROCEDURE

Follow a Clear Liquid Diet which includes:

- Sodas: regular or diet (7-up, Sprite, Orange Soda, Cola)
- GATORADE or POWERADE
- Apple or grape juice
- Iced tea
- Black coffee, plain tea (please limit quantity)
- Clear soups (i.e. broth or bouillon)
- Water

ALSO 1 DAY PRIOR TO THE PROCEDURE

Follow these instructions:

- **2:00 PM:** take 2 DULCOLAX tablets
- **5:00 PM:** mix one entire bottle of MIRALAX into 64 ounces of GATORADE
- Shake the solution until fully dissolved: drink an 8 ounce glass every 10-15 minutes until the solution is gone.
- **7:00 PM:** take the last 2 DULCOLAX tablets
- Nothing to eat or drink after midnight
- You may take your regular medications with sips of water

DAY OF PROCEDURE

- Clear liquids are allowed only to take essential medications; heart and blood pressure medications must be taken no later than 6:00 am on the day of the procedure
- Start drinking the second mixture of 238 grams MIRALAX + 64 ounces GATORADE; drink 8 ounces every 10-15 minutes until solution is gone
- If you take diabetic medications, you need to take a half dosage the day before your procedure and none the day of your procedure
- Nothing by mouth two hours prior to your procedure
- Your bowel movements must run light yellow with no particles. If it is not, please call us prior to your procedure

TIPS

- If you are having difficulty keeping the solution down, try drinking through a straw
- Even if stool is clear after drinking the first solution the day before, you must still take the second solution the day of the procedure due to stool that forms in the bowel overnight
- Wear loose fitting clothing as you may feel bloated post procedure
- Bowel movements should begin about one hour after drinking the solution. It is not uncommon to feel bloating, abdominal fullness and nausea after the first few glasses of solution; these symptoms are a sign the preparation is working and will subside once the bowel movements begin. If you experience severe discomfort or distention, stop drinking temporarily or separate the portions at longer intervals (from 10-15 minutes apart to 20-30 minutes apart) until these symptoms subside.