To Your Health!

Barium Enema – Outpatient

Your doctor has ordered an Outpatient Barium Enema to be conducted in the Fluoroscopy department on the 2nd level of the Froedtert Hospital.

Appointment Information

Time: ____________________________ If you are not able to keep your
Day: ____________________________ appointment, please call
Date: ____________________________ (414) 805-3700.

Main Prep _____ Traditional Prep _____

*Pick-up Prep Kit from Radiology Department

SPECIAL INSTRUCTIONS

• If you are pregnant (or think you may be pregnant), or if you are nursing a baby, please inform your doctor
before your appointment is scheduled.

• On the day of your examination, please bring with you a list of your allergies and all medications you are
presently taking. The technologist will request this list at the time of your examination.

WHAT IS A BARIUM ENEMA EXAM?

For this exam, an x-ray will be taken first to see if your bowel is clear to do a proper exam. If so, you will be
given a barium enema. The barium is given and may be followed by air to visualize the surface of the colon.

You will be asked by the radiologist to roll from side to side on the x-ray table; this is to better see the folds in
the bowel. The radiologist will take several images with you in different positions. The exam itself take 30 to 45
minutes. You will remain in the x-ray room until the radiologist checks all of the images. The technologist
will then help you to the bathroom to expel the barium.
MAIN PREP
PRIOR TO YOUR COLON EXAM:

- Please purchase the following at your local drug store as soon as you receive this information.
  - Dulcolax 5mg Tablets – You will need to take 4 tablets
  - 238 gram bottle of Miralax
  - 64 oz. bottle of Gatorade

1. Clear liquids only – please see list for examples
2. Six hours prior to your normal bedtime (but no later than 3:00 pm), take 4 Dulcolax tablets
3. Two hours after you take the 4 Dulcolax tablets (but no later than 3:00 pm), mix the 238 gram bottle of Miralax in 64 oz. of Gatorade. Shake until the Miralax is dissolved.
4. Drink an 8 oz. glass of the Miralax Gatorade mixture every 10-15 minutes until the solution is completely finished.
5. If you feel nauseated, you may stop for 20 minutes. Resume drinking the Miralax Gatorade mixture every 10-15 minutes immediately after the break to insure the bowel becomes cleaned out for your procedure.
6. You may continue to drink clear liquids once you finish the prep until 6 hours before your scheduled exam.

CLEAR LIQUID DIET ONLY (1 DAY PRIOR TO EXAM)

A clear liquid diet means eating foods or drinking beverages that you are able to see through. Listed below are some common items that are considered to be acceptable for a clear liquid diet. You can have unlimited amounts of these liquids up to 6 hours prior to your procedure.

- Broth (beef or chicken flavored)
- Soda
- Coffee (sugar is fine, but no cream)
- Water
- Tea
- Jello (no red)
- Popsicles (no purple or red)
- Ice
- Clear Juices (Apple, White Grape)
- Sports Drinks (No red, pink or purple)
TRADITIONAL PREP
*3 DAYS PRIOR TO COLON EXAM
- Pick-up Prep Kit from Radiology Department

DIET INSTRUCTIONS FOR TRADITIONAL PREP

LOW RESIDUE DIET: (For Day 1 & 2). You may include the following foods in your diet per day:
- 2 or more servings meat (baked, boiled or broiled), plain cheese or cottage cheese
- 1 egg prepared any way
- 1 cup milk only (used as beverage or in cooking)
- 1 or more servings potato (boiled or mashed) or macaroni, noodles, spaghetti or rice
- 4 servings bread (white, hard rolls, white crackers, melba toast)
- 1 serving refined cereal (cream of wheat, rice krispies, cornflakes, grits)
- 2 servings vegetables (cooked beets, carrots, green or wax beans, spinach, or tomato juice)
- 6 Teaspoons fat (butter, margarine, crisp bacon, cooking oil)
- soup — strained broth or bouillon only
- beverages — tea, coffee, carbonated beverages, decaffeinated beverages (no alcoholic drinks or beer)
- dessert — 1 serving only (plain pudding, custard, ice cream, sherbet, gelatin, plain cake or plain cookies)
- sweets — sugar, syrup, honey, plain hard candy, jelly, marshmallows, gumdrops

AVOID THE FOLLOWING FOODS:
- Fried meat, fish or poultry: luncheon meat, hotdogs and sausage
- Cheese with pimento, chive or other vegetables
- Fried or french fried potatoes, potato chips, potato skins, sweet potatoes
- Whole grain breads such as whole wheat bread, rye bread, rye-krisp, graham crackers
- Whole grain cereals such as shredded wheat, all-bran, grapenuts, natural cereals
- Raw vegetables and all other vegetables not listed above
- Raw fruits and all other fruits not listed above
- Desserts containing nuts, coconut, raisins, dates, seeds, pies, pastries, doughnuts
- Sweets — jams and marmalade
- Excessive seasoning, olives, popcorn, pickles, relishes, snack foods and chocolate

LOW RESIDUE SAMPLE MEAL PATTERN:

Breakfast

Fruit juice - 1/2 cup
Egg - 1
Refined cereal - 1 cup
Bread - 1 slice
Butter - 2 teaspoons
Milk - 1 cup
Beverage - as desired
Sugar - as desired

Lunch

Meat - 3 ounces
Potato - 1/2
DATE________________ (Day 1)
8 am  Eat a low residue breakfast. This means avoiding foods high in fiber such as skins, seeds, husks (see above).  
10 am  Take 2 red Docusate Capsules with a glass of water. This medicine softens your stool.  
Noon  Eat a low residue lunch.  
6 pm  Eat a low residue dinner.  

DATE________________ (Day 2)
8 am  Eat a low residue breakfast.  
10 am  Take 2 red Docusate Capsules with a glass of water.  
Noon  Eat a low residue lunch.  
6 pm  Eat a low residue dinner.  

DATE________________ (Day 3)
8 am  Eat a clear liquid breakfast (see “Clear Liquid Diet” below).  
10 am  Take 2 red Docusate Capsules with a glass of water.  
Noon  Eat a clear liquid lunch.  
1 pm  Drink a glass of water.  
3 pm  Drink a glass of water.  
6 pm  Eat a clear liquid dinner.  
7 pm  Drink a glass of water.  
8 pm  Drink the green bottle of Citroma (cold).  
10 pm  Take all 4 of the yellow Bisacodyl tablets with a glass of water. Do not chew the tablets. This medicine helps to move your bowels.  
12 Midnight  
        Drink a glass of water. Do not eat anything until after your exam tomorrow. You may drink clear liquids. Do not take your medicine unless otherwise instructed by your doctor.  

CLEAR LIQUID DIET ONLY (DAY 3)
A clear liquid diet means eating foods or drinking beverages that you are able to see through. Listed below are some common items that are considered to be acceptable for a clear liquid diet. You can have unlimited amounts of these liquids up to 6 hours prior to your procedure.
•  Broth (beef or chicken flavored)
•  Soda
•  Coffee (sugar is fine, but no cream)
•  Water
•  Tea
•  Jello (no red)
•  Popsicles (no purple or red)
•  Ice
•  Clear Juices (Apple, White Grape)
•  Sports Drinks (No red, pink or purple)
DATE_______________ (Day of your EXAM)

6 am  Remove the foil from the Bisacodyl Suppository. Push the suppository into your rectum (opening where you have a bowel movement). The suppository will begin your bowels to move within 15 to 60 minutes.

**IF YOU ARE A DIABETIC**, you may have a clear liquid breakfast and you may take your insulin this morning. Also, please read the accompanying Diabetic Diet Sheet for Day 3.

**CLEAR LIQUID DIET**: to be eaten (Day 3) 24 hours before the test. The only foods or liquids allowed are those which are clear or like water. You may have any amount of the following: clear broth or bouillon, fruit juices, kool-aid, jello without fruit, coffee or tea (without cream or milk). Sugar may be used.

**AFTER THE EXAM**

You may eat and drink, and take your required medications. Take the last 2 red Docusate Calcium Capsules when you get home.

Your bowel movements may have a light brown to white color for a few days. You should increase your fluids and fiber until your bowel movements return to their normal color. You may also use a stool softener such as milk of magnesia or a similar product if needed.

Your doctor will inform you of the results of the exam.

REMEMBER - our staff is here to help you. If you have questions about any part of this test, please ask.

**Please arrive 10 minutes prior to your scheduled appointment.** To park, enter the campus on 92nd street and go to Parking Area 1. Take the A elevators to enter the hospital lobby on the second floor. Follow the signs to Fluoroscopy and check-in at the reception desk.

**Special Instructions**
Managing Your Diabetes
When a Clear Liquid Diet is Ordered

A Clear liquid diet is designed to provide fluid and energy (calories) in a form requiring minimal digestion. These food and beverage choices are only for use one or two days prior to your test.

### Recommended Clear Liquids

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Portion Size</th>
<th>Carbohydrate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regular gelatin</td>
<td>1/2 cup</td>
<td>20 grams</td>
</tr>
<tr>
<td>Popsicles</td>
<td>1/2 twin</td>
<td>10 grams</td>
</tr>
<tr>
<td>Apple juice</td>
<td>1/2 cup</td>
<td>15 grams</td>
</tr>
<tr>
<td>Regular soft drinks</td>
<td>1/2 cup</td>
<td>15 grams</td>
</tr>
<tr>
<td>Gatorade</td>
<td>1 cup</td>
<td>15 grams</td>
</tr>
<tr>
<td>Plain broth or bullion</td>
<td>1 cup</td>
<td>1.5 grams</td>
</tr>
</tbody>
</table>

The amount of carbohydrate needed each day can be determined from your meal plan or your usual calorie intake. This is divided into 6 small feedings taken every two to three hours. The following chart will show the amount of carbohydrate needed for each feeding. Call your doctor or dietitian if you need specific recommendations.

<table>
<thead>
<tr>
<th>Calorie Level</th>
<th>Total Carbohydrate</th>
<th>Amount per feeding</th>
</tr>
</thead>
<tbody>
<tr>
<td>1200</td>
<td>150 grams</td>
<td>25 grams</td>
</tr>
<tr>
<td>1500</td>
<td>188 grams</td>
<td>30 grams</td>
</tr>
<tr>
<td>1800</td>
<td>225 grams</td>
<td>38 grams</td>
</tr>
<tr>
<td>2000</td>
<td>250 grams</td>
<td>40 grams</td>
</tr>
<tr>
<td>2200</td>
<td>275 grams</td>
<td>45 grams</td>
</tr>
<tr>
<td>2500</td>
<td>312 grams</td>
<td>52 grams</td>
</tr>
<tr>
<td>3000</td>
<td>375 grams</td>
<td>62 grams</td>
</tr>
</tbody>
</table>

Your daily calorie level is _______________________ so you will need to have about _______________________ grams of carbohydrate every two to three hours.

Choose only the items listed above. The amount of each that you will eat depends on the amount of carbohydrate needed.
Example: On 1800 calorie level, you need about 38 grams of carbohydrate every two to three hours.

<table>
<thead>
<tr>
<th>Time</th>
<th>Meals</th>
<th>Carbohydrates</th>
</tr>
</thead>
<tbody>
<tr>
<td>7 am Breakfast</td>
<td>1 cup apple juice, 1/4 cup regular gelatin</td>
<td>30 grams, 10 grams</td>
</tr>
<tr>
<td>9:30 am snack</td>
<td>1 cup regular soda, 1/2 twin popsicle</td>
<td>30 grams, 10 grams</td>
</tr>
<tr>
<td>12 Noon Lunch</td>
<td>1 cup gelatin</td>
<td>40 grams</td>
</tr>
<tr>
<td>3:30 pm snack</td>
<td>2/3 cup cranberry juice, 1/2 twin popsicle</td>
<td>30 grams, 10 grams</td>
</tr>
<tr>
<td>5:30 pm Dinner</td>
<td>1/4 cup gelatin, 1 cup regular soda</td>
<td>10 grams, 30 grams</td>
</tr>
<tr>
<td>8:30 pm snack</td>
<td>1 cup apple juice, 1/4 cup gelatin</td>
<td>30 grams, 10 grams</td>
</tr>
<tr>
<td>TOTAL</td>
<td></td>
<td>240 grams</td>
</tr>
</tbody>
</table>

**NOTE:** Do not worry about getting the exact amount of carbohydrate each time. It is best to go slightly over the recommended amount than to go under.

If you are using diabetes pills or insulin, your doctor may have some suggestions for adjusting your usual medication dose.

Low blood sugar levels are a risk so check your blood sugar levels before every feeding and before bed.

**Symptoms of low blood sugar levels include:**
- Shaking
- Anxiousness
- Impaired Vision
- Irritability
- Fast heart beat
- Dizziness
- Headache
- Sweating
- Hunger
- Weakness, Fatigue

Contact your doctor or Certified Diabetes Educator at (414) 805-5124 if you have any questions.
Directions to Froedtert Hospital Entrance

Please park in the Parking Area 1 structure.

From Watertown Plank Road:
Turn south on 92nd Street and continue through a stop light at West Connell Court. Turn left at the Froedtert Hospital Entrance, a circular drive. Follow signs directing you to the Parking Area 1 structure.

From Wisconsin Avenue:
Turn north on 92nd Street and then right at the entrance to Froedtert Hospital. Follow signs directing you to the Parking Area 1 structure.

Once Parked:
Please Note: All of our parking structures and surface lots have accessible parking closest to building entrances. Entrances from our parking structures are all equipped with power doors. For more detailed information visit froedtert.com (Locations & Directions, Transportation and Parking Services).

Questions? Call 414-805-3666 or visit froedtert.com