

Palos Hospital

12251 South 80th Avenue • Palos Heights, Illinois 60463 • 708.923.4000

PREPARATION INSTRUCTIONS FOR BARIUM ENEMA

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| Your doctor has requested an examination of your COLON (Large Bowel) | Date of appointment | Time of appointment |
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If the examination is to be of greatest value, you must cooperate fully in preparing yourself as outlined below, beginning at 12 noon the day before your x-ray appointment. Please follow directions exactly and take food and water in the amounts shown and at the times shown.

| TIME | DIRECTIONS |
|---------|---|
| 12 Noon | Lunch - Eat only the following: 1 cup of bouillon soup with crackers 1 chicken or turkey white meat sandwich (no butter, mayonnaise, lettuce, or other additive) 1/2 glass of clear apple juice or clear grape juice 1 glass of skimmed or non-fat dry milk |
| 1 P.M. | Drink at least one full glass or more of water |
| 3 P.M. | Drink at least one full glass or more of water |
| 5 P.M. | Supper - Eat only the following: 1 cup of bouillon soup 1 glass of clear apple juice or clear grape juice 1 serving of plain Jell-O (no cream, fruit, or other additive) |
| 6 P.M. | Drink at least one full glass or more of water |
| 7 P.M. | Drink one 10-ounce bottle of Magnesium Citrate (cold) |
| 8 P.M. | Take four DULCOLAX tablets with at least one full glass of water - Purchase DULCOLAX tablets at your drugstore. Do not crush or chew tablets. Swallow them whole. Do not take tablets within one hour of antacids or milk. |
| 10 P.M. | Drink at least one full glass or more of water. NOTHING TO EAT OR DRINK AFTER MIDNIGHT. |
| 7 A.M. | Use one DULCOLAX rectal suppository as follows: 1. Unwrap suppository. 2. Lie on left side, with right thigh raised. 3. Insert suppository into the rectum, pointed end first, as high as possible. Make sure that some part of the suppository touches the wall of the rectum. 4. Close thighs to aid in retaining suppository. 5. Retain suppository for at least 15 - 20 minutes to one hour. 6. If you need assistance, be sure that a bedpan, diaper, commode, or help to the bathroom is available. |

DRINK AT LEAST "10" GLASSES OF WATER THE DAY BEFORE THE EXAMINATION.
PLEASE CHECK IN WITH OUTPATIENT REGISTRATION BEFORE REPORTING TO RADIOLOGY.

FOR YOUR COMFORT BRING YOUR OWN ROBE.

Palos Hospital • Radiology Department
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Palos Heights, IL 60463
Phone: 708.923.5100

Adults and children 14 years of age and older
