

GASTROENTEROLOGY CONSULTANTS, PA

4700 Sheridan Street, Suite F
Hollywood, Florida 33021
(954) 961-8400

11011 Sheridan St., Suite 109
Cooper City, Florida 33026
(954) 431-7724

BARIUM ENEMA X-RAY INSTRUCTIONS

You must buy from the pharmacy a fleet prep kit #3 at least two days prior to your exam. **USE THESE INSTRUCTIONS ONLY!**

DAY BEFORE EXAM – CHECK AS COMPLETED

- 8:00 AM** Eat a light meal.
- 12:00 Noon** Have a clear liquid
- 2:00 PM** Drink 8 oz. of clear liquids.
- 3:00 PM** Drink 8 oz. of clear liquids.
- 4:00 PM** Take Fleet Phospho-soda solution. Follow immediately with at least 8 oz. of clear liquids.
- 5:00 PM** Drink 8 oz. of clear liquids.
- 6:00 PM** Dinner – All clear liquids.
- 7:00 PM** Drink 8 oz. of clear liquids.
- 8:00 PM** Drink 8 oz. of clear liquids
- 9:00 PM** Take 4 Fleet Bisacodyl tablets.

DAY OF EXAM

- Do not eat breakfast. Water or clear juice is allowable until one hour before exam unless your physician indicates otherwise.

At least one hour before leaving for your exam:

- Use fleet Biscodyl Enema.** Shake bottle before using. Remove protective shield from rectal tip. Lie on left side or knee-chest position. Insert enema tip into rectum pointing toward navel. Squeeze bottle until nearly all liquid is expelled. Remove enema. Wait 15 minutes before evacuating even if urge is strong.

If you have followed all instructions carefully, your system should be clean, clear, and ready for examination.

Diet and Clear Liquid Guidelines

Clear Liquid Guidelines: You must drink all the glasses of clear liquids listed in the instructions. **You may drink more but not less.**

Clear Liquids include: Strained fruit juices without pulp (apple, white grape, lemonade), water, clear broth or bouillon, and coffee or tea (without milk or nondairy creamer), you may have all the following that are not colored red or purple: Gatorade, carbonated and non-carbonated soft drinks, Kool-Aid (or other fruit flavored drinks), plain Jello (without added fruits or toppings), and ice Popsicles.

Light Meal includes: clear soups (fat free), small portions of skinless chicken, turkey, fish, white bread (no butter), plus any of the clear liquids recommended above. **Do not eat** vegetables, fruits, nuts, fats, butter, milk, cheese, beef, pork, lamb or whole grain cereals.