

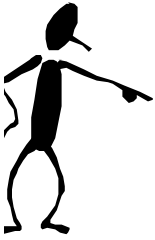
After the Test

Return to your normal diet.

Please drink 8 to 10 glasses of liquid per day, starting the day of the test and for the next 2 days. This will allow the barium to pass out of your bowel.



If your doctor has asked you to follow a liquid-restricted diet, please tell the radiologist before your test.



PLEASE NOTE:

Do You Take Any Medications?

- Continue to take your usual medications, even when you are asked not to eat or drink anything else. You can have a sip of water when you take your medication.
- **STOP** taking any medication with **IRON** in it 2 days before your test.

If You Have An Ostomy

You should bring your supplies with you in case you need to change your ostomy.

Contraindications



This preparation should **NOT** be used by patients with the following conditions:

- Renal Failure
- Diabetes
- Heart Disease

Alternative preparations are available. Please contact the Diagnostic Imaging Department **before your test**.

Cautions



Your drugstore may not have the solutions you need. Call ahead.

Some drug plans will pay for the tablets and solution. If your plan covers these costs, get a prescription from your doctor before you go to the drugstore.

Oakville-Trafalgar Memorial Hospital

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Oakville, ON L6J 3L7
Phone - 905/845-2571
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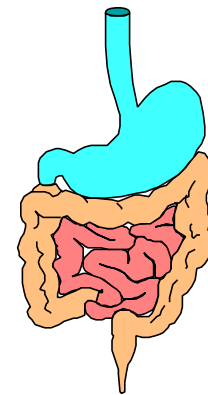


Halton Healthcare
Oakville-Trafalgar Memorial Hospital

Diagnostic Imaging Department

Preparation for Barium Enema (Colon)

Adult Out-Patients



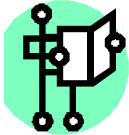
Patient Instructions

Name: _____

Appt. Date: _____

Appt. Time: _____

If you are admitted to hospital before your test, tell the nurse about this appointment.



Please Read This Pamphlet Carefully After Making Your Appointment.

The Diagnostic Imaging Dept. is on the Main Floor. Come to the Reception Area when you arrive.



If you have any questions about the test, or need to ebook your appointment, please call:

Monday - Friday
8:30 a.m. - 4:00 p.m.
(905) 338-4604

After Hours
(905) 338-4601

About The Barium Enema Test

This test is for your large bowel. In order to see the bowel, it has to be clean and empty. You will take some tablets and drink a solution to get the bowel ready before you go for your test.

This test takes about 1 ½ hours from start to finish. Feel free to bring a book or some activity with you to pass the time.



DAY BEFORE the Test

Get the tablets and solution you need from your drugstore:



- 1 package of 6 tablets of Dulcolax or Biscodyl.
- 2 x 44mL bottles of Oral Fleet Prep or, if not available, buy 1 bottle of Oral Fleet Enema (the label for this product describes this medication for use as an enema only; it is perfectly safe to drink). See instructions on next page:

Diet and Drinking Instructions

Your Diet

- ☐ Eat and drink a normal breakfast.
- ☐ After breakfast, until the test is done, you should drink only clear fluids such as pop, apple juice, jello, popsicles, chicken or beef broth, clear tea or coffee.

Start The Preparation

At **12:00 p.m.**, take 4 Dulcolax or Biscodyl tablets. This is a laxative which will begin to clear the bowel.

Start Drinking the Solution



- ☐ At **3:00 p.m.**, drink 1 bottle (44mL) of the Oral Fleet or half of the Fleet Enema.
- ☐ After drinking the Fleet solution, it is very important to wash out the bowel by **drinking at least 4 large glasses of any clear liquid (8 ounces each)**.
- ☐ Drink one sportdrink (Gatorade, Power Aid, etc.)
- ☐ Continue to take clear fluids only for the rest of the day.
- ☐ At **8:00 p.m.**, drink the other bottle of the Oral Fleet or the remaining half of the Fleet Enema.
- ☐ After drinking the Fleet solution, you must drink another 4 large glasses of any clear fluid.

DAY OF the Test

- For breakfast, drink only clear fluids.
- Take 2 Dulcolax tablets with the clear fluids.
- Report to the Diagnostic Imaging Department at time of appointment.