

## 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.

## Are You An Insulin-Dependent Diabetic?

Follow the previous preparation instructions and, in addition, do the following:

- Take one can of Ensure for lunch.
- After lunch, take 4 Dulcolax or Biscodyl tablets.
- Take another can of Ensure for supper.
- Take ½ can of Ensure instead of your evening snack.
- Continue taking all your prescribed medications.

## Day of the Test

- Take ½ of your normal dose of insulin.
- Do not eat breakfast.
- When you arrive, please tell the staff that you are diabetic.

## After the Test

Return to your normal diet and insulin routine.



**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.

## 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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[www.haltonhealthcare.com](http://www.haltonhealthcare.com)



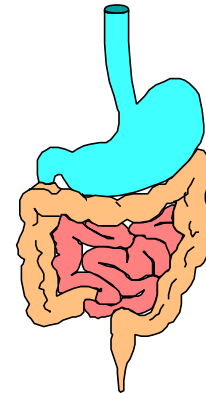
Halton Healthcare

Oakville-Trafalgar Memorial Hospital

Diagnostic Imaging Department

# Preparation for Barium Enema (Colon)

## Adult Out-Patients (Diabetic and Cardiac)



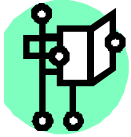
## Patient Instructions

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.

If you are between the ages of 40 and 80, your doctor may have also requested a sigmoidoscopy to be done before your barium enema test. A sigmoidoscopy is a test in which a flexible tube is passed through the rectum to look at the lower bowel.

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.
- 1 bottle of lavage solution, either Colyte, Lyteprep, Kleenprep, or Golytely.

### **Then....**

Prepare the lavage solution:

- Follow the directions given on the bottle for mixing the powder and water.
- The solution will taste better if refrigerated overnight.

The following instructions for diet and drinking may differ from those that come with the lavage solution. Please follow **these** instructions.

## Diet and Drinking Instructions

### **Change Your Diet**

- ☐ Eat a normal breakfast.
- ☐ Drink only liquids for all your other meals. You can have clear tea, clear soup, juice, beer, but no milk or solid foods.

### **Start The Preparation**

After lunch, take the 4 Dulcolax or Biscodyl tablets.

### **Start Drinking the Cold Solution at 3:00 p.m.**

- ☐ Drink 1 large cupful of the solution every 8-10 minutes. (A large cup is about 240ml or 8 ounces).
- ☐ Drink each cup rapidly and rest briefly before starting the next cup.



### **Your Bowels Will Start Moving**

Within one hour, you will have loose, watery bowel movements.

### **Continue Drinking the Solution**

Drink 1 large cupful at a time, as above.

### **When your bowel movements look clear and watery:**

- ◆ Drink 3 more cupfuls of the solution.
- ◆ Do not drink any more solution afterwards.
- ◆ Go to the Diagnostic Imaging Department at time of appointment.

## DAY OF the Test

You should have nothing to eat or drink until **after** the test is done.

Take 2 Dulcolax tablets with clear fluids.