**Bowel Cleansing Supplies and Instructions for Colon Examinations**

**Prep Instructions for Barium Enema and Barium Enema with Air Contrast**

**SUPPLIES - Purchase the following supplies from your pharmacy:**

* 1 10 oz bottle of citrate magnesium (best if refrigerated)
* 2 Bisacodyl tablets (enteric coated) 5 mg each
* 1 Bisacodyl suppository 10 mg

**INSTRUCTIONS**

To prepare for your morning examination, follow the instructions below. If you have an afternoon examination, the instructions will be given to you by your doctor’s office or by our office. If you have any questions about your preparation or exam, please call 253-841-4353

**Two Days Before Appointment**

Afternoon and Evening Clear liquids after lunch (water, coffee, or tea (no cream), clear soup, broth, bouillon, apple juice, cranberry juice, grape juice, Gatorade (**CAN’T BE RED**), plain Jell-O, or popsicles. NO MILK OR MILK PRODUCTS.

**One Day Before Appointment**

Morning Clear liquids for breakfast

Lunch Clear liquids for lunch

12:30 PM Drink 8 oz of citrate magnesium – discard remaining 2 oz

1:00 PM Drink 8 oz of fluid

3:00 PM Take two (2) Bisacodyl tablets with a large glass of water

4:00 PM Drink 8 oz of fluid

5:00 PM Clear liquids for dinner and 8 oz of fluid

6:00 PM Drink 8 oz of fluid

9:00 PM Drink 8 oz of fluid

10:00 PM Insert one (1) suppository into rectum: Remove suppository from protective metal covering, insert suppository into your rectum and push as high as possible. Retain suppository for at least 15 minutes, even if the urge is strong to evacuate. Bowel evacuation usually occurs within 15-60 minutes.

11:00 PM Drink 8 oz of fluid

**Day of Appointment**

Clear liquids for breakfast

**BARIUM ENEMA w/COLOSTOMY (SINGLE) PREPARATION:**

1. Clear liquid diet 24 hours prior to exam.
2. 12:30 p.m., day before exam: Patient will consume ½ packet of Magnesium Citrate Effervescent Laxative with 4 fluid ounces of cold water 24 hours prior to exam.
3. Day of exam: Clear liquids only for breakfast.
4. Have patient bring an extra colostomy bag.

**BARIUM ENEMA w/ILEOSTOMY or to evaluate rectal stump (SINGLE) PREPARATION:**

1. Clear liquid diet day of exam.

**If citrate magnesium is unavailable**, **the bowel preparation solution will be consumed in two parts.**

* Four Dulcolax® laxative tablets containing 5mg of bisacodyl each (NOT Dulcolax stool softener)
* One 8.3-ounce bottle of MiraLAX® (238 grams) or generic equivalent
* Two 32-ounce bottles of Gatorade or G2®. (**NOT RED**)

Mix 1/2 of MiraLAX bottle (119 grams) in each 32-ounce Gatorade bottle until dissolved. Keep cool in the refrigerator. DO NOT ADD ICE.

**Part 1**

At 5:00 PM on the evening before your exam, take four Dulcolax tablets. At 6:00 PM on the evening before your exam:

* Drink 32 ounces of the mixed solution by drinking an 8-ounce glass of bowel preparation every 15 minutes for a total of four glasses.
* Fifteen minutes later, drink an 8-ounce glass of clear liquid every 15 minutes for a total of two glasses.
* You may continue to drink clear liquids till midnight.

**Part 2**

Four and a half hours before your exam:

* Take the other 32-ounce bottle of mixed solution and drink an 8-ounce glass of bowel prep every 15 minutes for a total of four glasses.
* Fifteen minutes later, drink an 8-ounce glass of clear liquids every 15 minutes for a total of two glasses.
* You may continue to drink clear liquids up to three hours before your exam.