

### **Procedures and preparation prior to procedure:**

- **Barium Swallow** – No special preparation.
- **Upper GI Series** – Patient must be NPO at least six hours before this exam, preferably after midnight.
- **Barium Enema (with or without air contrast)** –  
**Purchase at the Pharmacy:** 4 Dulcolax (Bisacodyl) 5 mg laxative tablets, 8.3 ounce (238 gram) bottle of Miralax, and a 64 ounce bottle of Gatorade or Powerade. You may also want to purchase some Tucks medicated Pads or a small tube of Anusol hydrocortisone cream if you have hemorrhoids (hemorrhoids may become irritated as a result of this bowel preparation).

**Two days before your procedure:** Discontinue psyllium stool softeners such as Metamucil, Citrucel, Fibercon. Discontinue foods high in roughage such as oatmeal, bran, shredded wheat, wheat chex, fresh fruits and vegetables.

**Day before your procedure:** Drink plenty of clear liquids for breakfast, lunch, and dinner. No solid food. Clear liquids include water, non-pulpy juices (apple, grape, cranberry, lemon), Gatorade or Powerade, clear broth or bouillon, coffee without creamer, tea, Jell-O, popsicles, soft drinks, ginger ale, and Ensure or Boost supplement drinks (not Ensure or Boost with fiber).

**1:00 PM:** Drink at least 8 ounces of clear liquid per hour until bedtime.

**3:00 PM:** Take 2 Dulcolax tablets with 8 ounces of clear liquid.

**5:00 PM:** Mix the bottle of Miralax in the 64 ounce bottle of cold Gatorade or Powerade and shake until dissolved. Drink an 8 ounce glass of the Miralax solution every 10-15 minutes until the solution is gone. Individual responses to the bowel prep may vary. The prep may take anywhere from 30 minutes to 3 hours to begin working. Please remain close to a bathroom.

**8:00 PM:** Take the last 2 Dulcolax tablets.

**Nothing to eat or drink after midnight (not even water).**

**Day of your procedure:** You may take your usual morning doses of prescription medications the morning of your procedure with a small sip of water.

Diabetic patients: Take only half your dose of diabetic medication the day before your procedure and no diabetic medication the day of your procedure. Please verify this change in insulin dosage with your physician that prescribes insulin for you.

- **IVP -**

**Purchase at the Pharmacy:** 2 Dulcolax (Bisacodyl) 5 mg laxative tablets, 1 bottle of Magnesium Citrate (300 ml), 1 Bisacodyl suppository

**Day before your procedure:**

**8:00 AM:** Eat a light breakfast

**12:00 NOON:** Eat a clear liquid lunch at about noon. Clear liquids include water, non-pulpy juices (apple, grape, cranberry, lemon), Gatorade or Powerade, clear broth or bouillon, coffee without creamer, tea, Jell-O, popsicles, soft drinks, ginger ale, and Ensure or Boost supplement drinks (not Ensure or Boost with fiber).

**1:00 PM:** Drink at least 8 oz of clear liquid

**2:00 PM:** Drink at least 8 oz of clear liquid

**3:00 PM:** Drink at least 8 oz of clear liquid

**4:00 PM:** Drink one bottle of Magnesium Citrate (300 ml) followed immediately by 8 oz of clear liquid.

**5:00 PM:** Drink at least 8 oz of clear liquid

**6:00 PM:** Drink at least 8 oz of clear liquid

**7:00 PM:** Drink at least 8 oz of clear liquid

**8:00 PM:** Take 2 Bisacodyl (5mg) tablets by mouth followed by 8 oz clear liquid.

**9:00 PM:** Drink 8 oz clear liquid.

**Nothing to eat or drink after midnight (not even water).**

**Day of your procedure:** You may take your usual morning doses of prescription medications the morning of your procedure with a small sip of water. One hour before leaving for your exam, insert the Bisacodyl suppository into your rectum.

Diabetic patients: Take only half your dose of diabetic medication the day before your procedure. Please verify this change in insulin dosage with your physician that prescribes insulin for you.

Colostomy patients: Drink only half bottle of Magnesium Citrate and do not use the rectal suppository.

**Post-exam instructions for Fluoroscopy procedures:**

You can resume normal activities right away. If you have ingested barium, please drink more water than usual. Water will help relieve any constipation you may have after this exam. Additionally, if you have had barium with your exam, your stool may appear white or light for a day or two. If you have received an injection with your exam, your body will naturally pass it in a day. If you are having post-exam problems, please contact our department or your physician.