

**Appointment Date:** \_\_\_\_\_

**Time:** \_\_\_\_\_

**LOCATION:** Aultman Main Hospital: 2600 6<sup>th</sup> Street SW, Canton

**DEPARTMENT:** Imaging Services (Radiology)

## SUMMARY OF THE EXAM

A barium enema is an X-ray of the large bowel. Barium is inserted through an enema tip placed in the rectum. This allows the doctor to look for abnormalities in the bowel.

## WHAT TO EXPECT

You may feel slight discomfort with the insertion of the enema tip, some cramping and full sensation during the test. Let the staff know if you experience symptoms.

## INSTRUCTIONS

- Please bring a written or electronic order from your doctor to the exam.
- Please bring a complete list of all your medications.
- Please bring a driver's license or other photo ID.
- Please arrive 15 minutes prior to your scheduled time.
- Preparation: Obtain the following items from any pharmacy per your doctor's order:
  - Miralax
  - Gatorade
- Take only clear liquids as your diet 24 hours prior to testing. Please refer to the schedule and list of acceptable liquids on this handout. You may not have any solid food of any kind.
- Nothing to eat or drink after midnight of the day before the exam. Follow the attached instructions.

**NOTE:** Blood work should always be drawn before X-rays are performed. If you are having blood work, please arrive early and inform the outpatient lab you have a radiology appointment. Please arrive on time for your radiology exam.

## LENGTH OF EXAM

Plan on being at the hospital at least one-and-a-half hours.

## AFTER THE EXAM

Drink plenty of fluids to help move barium through the GI tract. Mild laxative is sometimes helpful to aid in the elimination of barium.

You should expect to receive the results of your exam at your next healthcare provider appointment (if scheduled) or within 10 days of your exam. Please call your healthcare provider if you do not receive your results.

### **QUESTIONS PRIOR TO YOUR TEST**

Call 330-363-6200 seven days a week, between 7 a.m. – 7 p.m. for any questions about your test.

### **SCHEDULING AND REGISTRATION**

Pre-registration is required for an accurate medical record and proper billing. You may be contacted by a patient access representative if we need any information. If you have questions or need to schedule or reschedule your exam, please call 330-363-6288 or 1-800-837-0440 Monday – Friday between 7 a.m. and 6 p.m. All exams require a written order from your physician.

### **HOSPITAL PARKING**

Free visitor parking is available in Lot 3 across from the Bedford Building. Enter from Sixth Street. Deck parking is available on Seventh Street.

### **DIRECTIONS TO THE DEPARTMENT**

Imaging Services/Radiology (Seventh Street deck parking is the closest parking) is located on the ground level of the main hospital. From the main hospital lobby, take the elevators to the ground level. After exiting the elevator, turn to your left and you will see the check-in desk.

# Barium Enema Preparation Schedule

## Day before the Barium Enema

8 oz. = 1 cup

- 8 a.m. Eat a light meal.
- Noon Lunch – all clear liquids (at least 8 oz.).
- 1 p.m. Drink at least 8 oz. clear liquids.
- 2 p.m. Drink at least 8 oz. clear liquids.
- 3 p.m. Drink at least 8 oz. clear liquids.
- 4 p.m. Take 4 oz. Miralax with 32 oz. Gatorade
- 5 p.m. Drink at least 8 oz. clear liquids.
- 6 p.m. Drink at least 8 oz. clear liquids.
- 7 p.m. Drink at least 8 oz. clear liquids.
- 7:30 p.m. Take 4 oz. Miralax with 32 oz. Gatorade.
- 8 p.m. Drink at least 8 oz. clear liquids.

## Day of the Test

- Do not eat or drink anything.
- You may take necessary medications the morning of the exam with a small sip of water.

## List of Acceptable Clear Liquids

Bouillon: beef or chicken.	Life Savers or other hard candy.
Canned beef or chicken broth.	Gummi candy.
Plain Jell-O (no red, green or purple).	7 Up, Sprite, ginger ale, lemon, lime or cream soda.
Coffee, tea with sugar or honey.	Tang, apple juice, white grape juice, Gatorade.
Popsicles, lemon ice.	
Kool Aid, Crystal Light, other clear, light-powdered drinks (no red, green or purple).	

## Avoid the following:

- Orange juice.
- All dairy products: milk (even skim) and cream.
- Anything dark red, green or purple.