



810 Valley View Blvd. Altoona, PA 16602 (814) 946-5469

## Barium Enema Prep

You will be on a clear liquid diet for 24 hours prior to the exam. You may have any of the following that is not colored red or purple. Please do not eat any solids or drink any milk products while following this diet. **NO ALCOHOLIC BEVERAGES ARE ALLOWED DURING THIS PREP.**

7 UP	Juice from canned fruits	
Gatorade		
Gingerale	Jello	Italian Ice
Coke	Soup Broths	Clear Grape Juice
Coffee with sugar - NO cream	Water	
Cranberry Juice		
Tea with sugar – NO Cream	Popsicles	Apple Juice

### One Day before Your Exam

Beginning at 12:00 noon	Drink one 8 ounce glass of water per hour from 12 noon until midnight the day before the exam.
4:00 pm	Drink one 10 ounce bottle of Magnesium Citrate.
9:00 pm	Take 4 Dulcolax tablets (which will be supplied by Blair Gastroenterology Associates).

Do not eat or drink anything after 9:00pm except for water.

Do not have anything to eat or drink after midnight.

### The Morning of Your Exam

Use 1 Fleets Enema 2 hours prior to the exam. Keep refilling the bottle with warm tap water until you run clear.

If you need to reschedule this test please call the hospital that you are scheduled at.

Altoona – 889-4222

Please take your order with you. Your test cannot be done without this.

Disclaimer: This document contains information and/or instructional materials developed by Blair Gastroenterology Associates for the typical patient with your condition. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition, or your treatment plan.