

APPOINTMENT DATE _____ TIME _____

BOWEL PREP INSTRUCTIONS FOR IMAGING STUDIES

You will need to purchase the following over the counter items:

NO PRESCRIPTION REQUIRED

- 1. One 8.3 Oz bottle (14 doses) of Miralax or generic equivalent**
- 2. Four (4) Bisacodyl/Dulcolax tablets (5mg) or generic equivalent**
- 3. Two 32 Oz bottles of the following electrolyte beverages: Gatorade, Gatorade G2, Powerade, PowerAde Zero, Pedialyte, Propel or Liquid IV are acceptable with NO RED or PURPLE colors. Sugar-free options are acceptable.**

TWO DAYS PRIOR TO APPOINTMENT

- Follow low residue diet-located on the next page

ONE DAY PRIOR TO APPOINTMENT

- Mix ½ of the bottle of Miralax into one 32oz bottle of electrolyte beverage.
- Mix remaining ½ of Miralax into the other 32oz bottle of electrolyte beverage.
- **You may refrigerate if you prefer but it is not required.**
- **NO SOLID FOODS - LIQUID DIET ONLY**

Breakfast – Liquid diet and take 4 of the Bisacodyl/Dulcolax tablets

Mid-morning - Start to drink 8ozs of Miralax / Electrolyte mixture every 30 minutes until both bottles are gone

Lunch Liquid diet

Dinner Liquid diet

You will need to be near a bathroom once you start drinking the Miralax mixture. You will have diarrhea and you will need to reach the bathroom quickly.

Liquid Diet Examples:

Clear juices without pulp (apple, white grape, lemonade, white cranberry)

Water

Clear broth or bouillon

Coffee or Tea (without milk or non-dairy creamer)

All of the following that are NOT RED OR PURPLE

Gatorade

Carbonated and Non-carbonated soft drinks (Sprite, 7-Up, ginger ale)

Plain Jell-O (without added fruit or toppings)

Ice popsicles

***Day of procedure – clear liquids only on the day of your exam. Do not eat or drink anything for 4 hours before your exam.**

APPOINTMENT DATE _____ TIME _____

A LOW RESIDUE DIET CONSISTS OF:

BEVERAGES

- Coffee, tea and decaffeinated beverages including Kool-aid, fruit punch, fruit flavored beverages and sports drinks. Strained fruit juices. Carbonated beverages – limit to 1 cup. Skim or 1% milk – limit to 1 cup.

BREADS, CEREAL, RICE & PASTA

- Soft breads such as white breads, rolls and hamburger/hot dog buns
- Crackers without wheat, nuts, or seeds
- Cooked or dry refined cereals like grits or cream of wheat, Rice Krispies, Corn Flakes, Special K.
- White Rice
- Pasta, plain

FRUITS & VEGETABLES

- Applesauce, Ripe banana, baked apple without skin, canned peaches, pears or apricots.
- Tender cooked soft vegetables such as green beans, wax beans, winter squash, asparagus, beets, carrots, and white or sweet potatoes (all skin removed)
- Vegetable juices (NOT V8)

MEAT OR SUBSTITUTE

- Baked, broiled, boiled, roasted, stewed or microwaved tender chicken, turkey, veal, beef, lamb, and lean pork. Tofu. Tuna, crawfish, shrimp, crabmeat. Eggs or egg substitute (not fried), low fat cheese, soft mild American or cheddar cheese.
- Smooth peanut butter

SOUPS

- Clear broth based soups, chicken or turkey noodle, chicken with rice.

MISCELLANEOUS

- Salt, mild herbs and flavorings, such as vanilla, cinnamon and paprika. Mildly flavored gravies and sauces. Lemon juice and non-nutritive sweeteners.

NOT ALLOWED ON LOW RESIDUE DIET

- High fat milk products, V8 juice, alcohol, whole grain breads or cereals, prunes, prune juice, raw vegetables, vegetables with skin, broccoli, Brussel sprouts, cabbage, cauliflower, corn, dried beans and peas, onions, rutabagas. Fried foods, potato chips, cold cuts, hot dogs, tough highly seasoned meats, sausage.

APPOINTMENT DATE _____ TIME _____

During Your Procedure-Barium Enema

The technologist will explain your procedure and answer any questions you may have before your exam.

You will be asked to change into a gown and lie on the exam table on your back with your arms at your side.

The technologist will take a "scout" film of your abdomen to make sure your intestines are clean. Once the scout film has been reviewed by the Radiologist, the technologist will insert a lubricated enema tip into your rectum.

The Radiologist will start the exam by allowing liquid barium to flow through the enema tip, a little at a time. This material allows the visualization of your colon.

The Radiologist will watch the flow of the barium on the television screen and will take multiple pictures throughout the process.

As the barium is delivered you will be asked to turn from side to side.

This will help to coat the walls of your colon. After the barium is in, the technologist will take a series of X-Rays of your colon.

You will be asked to roll onto your side and onto your stomach and asked to hold your breath and remain very still for each picture.

It is also important that you try to hold in the barium.

Once the films are complete, the technologist will help you to the bathroom so you can expel the barium.

Your exam will take approximately 45-60 minutes. This may be longer if additional pictures are required.

After your procedure:

Drink plenty of fluids for 24 – 48 hours.

The barium may make your stool white for several days.

If you experience constipation your physician may recommend a mild laxative.

Your study will be read by the Radiologist and results sent to your physician, usually within 48 hours.

Your physician will discuss these results with you.

Additional Information:

**Female patients, from *beginning to end of menstruation*, will require a pregnancy test.