



North Bay Regional  
Health Centre



Centre régional  
de santé de North Bay

**DIAGNOSTIC IMAGING DEPARTMENT  
BARIUM ENEMA  
(OUTPATIENT)**

Your doctor has requested an X-ray test of your large intestines commonly referred to as a Barium Enema.

This test is used to check your large bowel (colon) for diverticulitis, polyps and other conditions.

A small tube will be inserted in your rectum. A liquid Barium Sulphate, will flow through this tube into your bowel. You will be asked to turn from left to right while lying on the x-ray table as the bowel is being filled. Following completion of the x-ray, you will be directed to a nearby washroom and asked to expel the Barium. An additional x-ray may then be taken before you leave the Department.

Your bowel must be properly cleaned out before you have the test. Your co-operation is necessary in carefully following the preparation guide for this test. You should allow for at least a one hour stay in the X-Ray Department. Gowns are provided.

To make sure the test can be completed, you must co-operate fully in preparing yourself as outlined below. Begin at 12 NOON the day before your x-ray appointment. Please follow the directions exactly and take nothing other than the medication, food and water in the amounts directed and the times shown. Please check each step as completed. Be prepared for multiple bowel movements until bedtime and possibly through the night.

TIME	DIRECTIONS	✓CHECK AS COMPLETED	
12 Noon <b>LUNCH</b>	<i>Eat only the following :</i> <ul style="list-style-type: none"> <li>- 1 or 2 cups of bouillon soup with crackers. <input type="checkbox"/></li> <li>- 1 chicken or turkey white meat sandwich (no butter, mayonnaise, lettuce or other additive). <input type="checkbox"/></li> <li>- 1 glass of clear apple juice or clear grape juice. <input type="checkbox"/></li> <li>- 1 serving of plain Jello-O (no cream, fruit, or other additive). <input type="checkbox"/></li> </ul>		
1 :00 PM	Drink at least one full glass or more of water or clear juice. <input type="checkbox"/>		
3 :00 PM	Drink at least one full glass or more of water or clear juice <input type="checkbox"/>		
			<p><b>SUPPER</b> – Eat only the following : <input type="checkbox"/></p> <p>1 or 2 cups of bouillon soup      1 glass of clear apple juice or clear grape juice.      1 serving of plain Jello-O (no cream, fruit or other additive).</p> <p>6 :30 PM      Drink at least one full glass or more of water of clear juice. <input type="checkbox"/></p> <p>7 :30 PM      Drink one 11-ounce bottle of Magnesium Citrate (cold) <input type="checkbox"/></p> <p>9 :30 PM      Take two Bisacodyl tablets with at least one full glass or more of water. Swallow them whole. Do not crush or chew tablets. Do not take tablets within one hour of Antacids or milk. <input type="checkbox"/></p> <p>11 :00 PM     Drink at least one full glass or more of water or clear juice. <input type="checkbox"/></p> <p><b>Day of your test :</b>  <u>Have a clear fluid breakfast.</u> Please increase liquid intake for the remainder of the day after the completion of your examination.</p> <p>Report to the X-Ray Department at the scheduled time.</p> <p>Please bring this paper with you.</p> <p><b>Note :</b> <u>Infants and children to age 16.</u> The degree of preparation is at the discretion and direction of the attending physician.</p>