



Welcome to the OSF Saint Anthony Medical Center Diagnostic Radiology Department.

You have been scheduled to have a **Barium Enema** or a **Barium Enema with Air** exam. This is a diagnostic test using fluoroscopy (a form of x-ray).

This information will help you understand the test that has been scheduled.

Thank you for trusting OSF for your medical imaging needs.

**THIS PREP SHOULD NOT BE USED FOR  
PATIENTS WITH RENAL FAILURE OR  
CONGESTIVE HEART FAILURE**

**Pick up from the pharmacy or store:**

1. Two 10 ounce bottles of magnesium citrate. No prescription needed.
2. Two quarts of Gatorade
3. Three 5 mg tablets Dulcolax (Bisacodyl)

**Day before the procedure:**

A clear liquid diet is required beginning 24 hours before the procedure. This consists of clear soup, plain gelatin, liquid no-pulp unsweetened juice, sugar-free soda, black coffee or tea without sugar or milk. Do not drink any milk or cream.

At 4 pm, take three 5 mg Dulcolax (Bisacodyl) tablets.

At 5 pm, drink one 10 ounce bottle magnesium citrate. Refrigerating may help the liquid taste better. This does not need to be mixed with any other fluids in order to drink. Please stay near a bathroom after taking the Dulcolax (Bisacodyl) tablets.

Between 5-10 pm, drink one large glass of Gatorade every hour. Be sure to finish the two quarts of Gatorade.

Continue to drink lots of additional clear fluids.

**Day of Procedure:**

**Do Not Eat or Drink Anything, except** four hours before you leave for the hospital, drink second 10 ounce bottle of magnesium citrate, followed by one 12 ounce glass of clear liquid. You may have clear liquids up until 2 hours before arrival time. You may take your normal scheduled medications.

**After Test Instructions:**

Drink 2-3 quarts Gatorade or other clear liquids to keep you well hydrated. You are urged to drink extra fluids for 1 to 2 days after a barium test. Due to the barium, your stools may be light in color and chalky. If your bowel movements are not normal within 24 hours, contact the doctor who ordered the test for more instructions.

**For pediatric patients:**

Drink clear (no red liquids) liquids after midnight prior to exam. You can not eat or drink anything for 2 hours prior to exam.

**For patients with colostomy bags:**

- If the barium is being inserted through your colostomy, then for 24 hours prior to the exam drink a clear liquid diet.
- If inserting the barium through the rectum, no prep is needed