



LAKE DISTRICT HOSPITAL DIAGNOSTIC IMAGING

700 S. J Street • Lakeview, OR 97630
Ph: (541) 947-2114 ext. 233 Fax: (541) 947-5575

BARIUM ENEMA (COLON STUDY) PATIENT INSTRUCTIONS

PATIENT NAME: _____

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If the examination is to be of greatest value, you must cooperate fully in preparing yourself as outlined below, **beginning at 12:00 pm (noon) the day BEFORE your radiology appointment.**

Please follow directions exactly and take the medication, food and water in the amounts shown and at the times given. The below medications are all laxatives and must be obtained from your local drug store.

1. One 10 ounce bottle of Magnesium Citrate.
2. Three Dulcolax tablets
3. One Dulcolax suppository

TIME	INSTRUCTIONS
12:00 (Noon)	Lunch – Eat only the following: 1 cup of bouillon soup with crackers 1 chicken or turkey white meat sandwich (no butter, mayonnaise, lettuce, etc) ½ glass of clear apple or grape juice 1 glass of skimmed or nonfat milk
1:00 pm	Drink at least one or more full glasses of water
3:00 pm	Drink at least one or more full glasses of water
5:00 pm	Dinner – Eat only the following: 1 cup of bouillon soup 1 glass of clear apple or grape juice 1 serving of plain Jell-O (no cream, fruit or other additives)
7:00 pm	Drink at least one or more full glasses of water
8:00 pm	Drink one 10 ounce bottle of Magnesium Citrate (cold)
10:00 pm	Take three Dulcolax tablets with at least one or more glasses of water. Swallow the tablets whole, do not crush or chew the tablets. Do not take tablets within one hour of antacids or milk.
12:00 (Midnight)	Drink at least one or more full glasses of water. Have nothing to eat or drink after midnight until the completion of your exam.
7:00 am	Use one Dulcolax rectal suppository as follows: 1. Unwrap suppository. 2. Lie on left side with right thigh raised. 3. Insert suppository in rectum, pointed end first, as high as possible. Make sure some part of the suppository touches the wall of the rectum. 4. Close thighs to aid in retaining suppository. 5. Retain suppository for at least 15-20 minutes, if possible. A bowel evacuation usually occurs in 15 minutes to one hour. 6. If you need assistance, be sure a bedpan, diaper, or help to the restroom is available.

If you have any questions or are unable to make your appointment, please call 541-947-2114 ext. 233.

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EXAM DATE

CHECK-IN TIME

APPOINTMENT TIME