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Barium Enema Prep Instructions

***You will need: 4 oz Miralax powder, 32 oz of Gatorade or clear liquid of your choosing, and

2-Bisacodyl 5mg tablets bought over the counter***

1 DAY PRIOR

- Begin a clear, liquid diet** (i.e clear soup broth, lemon/lime Jell-O, water, coffee, tea, Sprite, Ginger-Ale, apple juice/white grape juice). Avoid liquids with red, orange, blue, or purple food coloring as well as milk, alcohol, and solid foods.
- Drink at least 8 glasses of water** during the day to avoid dehydration.
- 12PM: Mix 4 oz of Miralax with 32 oz of Gatorade or any clear liquid, drink a glass every 15 minutes until gone.**
- 5PM: Take 2 Bisacodyl tablets.**
- NOTHING BY MOUTH AFTER MIDNIGHT.**

DAY OF PROCEDURE

- Avoid eating or drinking** unless you have been instructed otherwise.
- Take necessary medications** with a small sip of water.
- Arrive at the hospital** at your specified time.

WHAT TO EXPECT

- Mild nausea or abdominal fullness which is tolerable
- Hunger which is tolerable
- Profuse watery bowel movements