



The Barium Enema Test

A barium enema is an X-ray examination of the lower bowel, or colon, by water enema containing barium sulfate. Sometimes air will also be used. This allows the inside of the colon to be seen on a fluoroscope or x-ray films.

Preparations for the exam:

Your preparation for the examination is exceedingly important. It may well determine whether or not the examination is successful. Eat nothing solid. Necessary medications may be taken with a small amount of water. Please follow a 24-hour clear liquid diet the day prior to the examination. If you suffer from chronic constipation you should do the dietary preparation for 48 hours and follow the Barium Enema kit preparation for the 24 hours before the exam.

Clear liquids include the following:

- Clear juice without pulp (apple, white grape, white cranberry)
- Water
- Gatorade
- Clear broth or bouillon
- Coffee or Tea (without milk or non dairy product)
- Non-carbonated and carbonated soft drinks (Sprite, 7-Up, Ginger ale)
- Plain Jell-O (without added fruit or topping)
- Ice popsicles

(Reminder Absolutely Nothing Solid to eat!!!)

Please follow all other instructions provided in the Barium Enema Kit especially all water recommendations.

After the examination, it is important to drink as much liquid as is comfortable to replace the fluid you have lost. You may not have a bowel movement other than barium for a day or so. You should have no trouble getting rid of the barium.