



## Outpatient Services

### **Barium Enema Double or Single Contrast (BE)**

Please arrive at the Centralized Registration Department *15 minutes prior* to your appointment.

Your doctor has scheduled you for a study that will require you to complete a bowel cleansing preparation. You may obtain the following from any pharmacy (i.e. Wal-Mart, CVS, Rite-Aid, etc.):

1. Bottle of Magnesium Citrate (8 ounces)
2. Bisacodyl Tablets 5 mg. each
3. Bisacodyl Suppository 10 mg.

*\*It is important that you follow and complete ALL directions carefully. Take only the medications, food, and fluids in the amounts specified and at the times shown below, unless otherwise directed by your doctor. Following these instructions will provide the best results and avoid having to repeat the preparation over again.*

NOTE: A high fluid intake is required for this preparation. Drink at least one full 8 oz. glass of water at each of the times specified. **Do NOT use milk, cream, or non-dairy creamer.**

If you have any questions, please contact Atlantic General Hospital's Imaging Department at  
**410.641.9640**



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### **Day BEFORE the exam:**

*Breakfast:* Clear soup (any broth); strained fruit juices without pulp; flavored gelatin that is NOT red; soft drinks; black coffee or plain tea.

*Noon:* same as above

*1:00 PM* Drink one (1) full 8 oz. glass of water.

*2:00 PM* Drink one (1) full 8 oz. glass of water.

*3:00 PM* Drink one (1) full 8 oz. glass of water.

*4:00 PM* Drink one (1) full 8 oz. glass of water.

*5:00 PM* Clear soup (any broth); strained fruit juices without pulp; flavored gelatin that is NOT red; soft drinks; black coffee or plain tea.

*5:30 PM* Drink 8 oz. of Magnesium Citrate (this can be mixed with Ginger-Ale); this product general produces a bowel movement in about 30-60 minutes.

*6:00 PM* Drink one (1) full 8 oz. glass of water.

*7:00 PM* Drink one (1) full 8 oz. glass of water.

*7:30 PM* Take four (4) Bisacodyl tablets with one (1) 8 oz. glass of water. DO NOT CHEW THE TABLETS. The tablets should be taken two hours after the Magnesium Citrate.

*8:00 PM* Drink one (1) full 8 oz. glass of water.

*9:00 PM* Drink one (1) full 8 oz. glass of water. Nothing more to eat or drink until after the procedure.



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#### **Day of the procedure:**

*Do not eat or drink anything. (You may take your medication with a small amount of water if you cannot wait until after the procedure)*

*At least two (2) hours before the exam:* unwrap the foil wrapper from the Bisacodyl Suppository and discard the foil. While lying on your left side, insert the suppository into the rectum and gently push as far as possible.

Continue to lie on your side for at least 15 minutes if possible before evacuating. You may have an immediate urge to expel the suppository. Try to retain it for at least 15 minutes.

*15 minutes before appointment:* arrive at Atlantic General Hospital with patient's order from physician.

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**410.641.9640**