



# Lake Medical Imaging

*Accredited by the American College of Radiology*

## Barium Enema Prep Instructions

**CLEAR LIQUID DIET** – It is very important to drink plenty of clear liquids throughout the entire day. Do not eat any solid food. Follow the schedule in the table below for your bowel prep. Plan to remain within easy reach of the restroom. You will have many bowel movements throughout the day and they will become very watery.

**\*Examples of clear liquids:** *Black coffee, plain tea, bouillon, Sugar-free Jell-O, Non-Pulp unsweetened juice. NO MILK OR CREAM.*

Additional Items required for your prep (Your Shopping List)

- 1 64oz bottle of Gatorade
- 1 8.3oz/238-gram bottle of Miralax
- 3 Bisacodyl/Dulcolax Tablets

**24-HOUR PREP REQUIREMENTS THE DAY BEFORE YOUR EXAM** - Open your 64-ounce bottle of Gatorade and discard 10 ounces from the bottle. Then empty the 8.3oz/238-gram bottle of Miralax into the bottle of Gatorade. Cap the bottle and shake to dissolve the powder then refrigerate.

**BREAKFAST:** \*Liquid Diet\* No sugar, No dairy.

9:00 AM Drink 8 ounces of Miralax solution  
10:00 AM Drink 8 ounces of Miralax solution  
11:00 AM Drink 8 ounces of Miralax solution  
12:00 AM – 12:00 PM Drink 8 ounces of Miralax solution

**LUNCH:** \*Liquid Diet\* No sugar, No dairy.

12:30 PM Take 3 Bisacodyl/Dulcolax tablets with water. **DO NOT CHEW**  
1:00 PM Drink 8 ounces of Miralax solution  
2:00 PM Drink 8 ounces of Miralax solution  
3:00 PM Drink 8 ounces of Miralax solution  
4:00 PM Drink 8 ounces of Miralax solution

**DINNER:** \*Liquid Diet\* No sugar, No dairy.

6:00 PM Drink 8 ounces of water  
7:00 PM Drink 8 ounces of water  
8:00 PM Drink 8 ounces of water  
9:00 PM Drink 8 ounces of water

**AFTER MIDNIGHT- DO NOT** eat or drink anything after midnight. You may gargle but do not swallow any liquid.

**MORNING OF YOUR TEST – DO NOT** eat or drink anything until your test is completed.