

Fluoroscopy – Barium Enema

To schedule: (319) 861-7778

Questions about your procedure: (319) 398-6050

What is Fluoroscopy?

Fluoroscopy is an X-ray study of moving body structures--similar to an X-ray "movie." A continuous X-ray beam is passed through the body part being examined. The beam is transmitted to a computer monitor so that the body part and its motion can be seen in detail.

What is a Barium Enema Procedure?

A barium enema procedure is a fluoroscopic exam of the colon or large intestine. Liquid barium (a type of contrast medium) will be introduced into your rectum through a small tube while the radiologist takes images of your colon. The barium will coat your gastrointestinal (GI) tract, allowing the radiologist to visualize anatomical details. The procedure will take approximately 1 hour.

Preparation:

This procedure requires a 3-day oral preparation which requires the following:

- Dulcolax tablets (6 for adults, 1-2 for children)
- Magnesium Citrate (10 oz. bottle)

Make sure you obtain your prep at least 4 days before your scheduled exam.

This study requires your colon to be free of fecal material. To adequately clean your colon, you must follow the 3-day preparation instructions listed below:

Standard 3-Day Colon Preparation (14 yrs and older):

Day 1 - Two Days Before the Exam

1. Low-residue diet (see diet information below)
2. 1 glass (8 oz) of water or clear liquid per hour throughout the day
3. 2 Dulcolax tablets at 6:00pm (Bisacodyl = Dulcolax)

Day 2 - One Day Before the Exam

- 7:30am (breakfast) - Clear liquid diet
- 8:30 - 11:30am - 1 glass (8 oz) of water or clear liquid per hour
- 12:00 Noon (lunch) - Clear liquid diet
- 1:00 - 4:00pm – 1 glass of water or clear liquid per hour
- 4:30pm – 10 oz. bottle chilled Magnesium Citrate (kidney disease patients - consult ordering provider prior to taking Magnesium Citrate)
- Continue 1 glass of water or clear liquid per hour
- 6:00pm (supper) - Clear liquid diet evening meal or supper
- 6:30pm - 4 Dulcolax tablets (Bisacodyl = Dulcolax)
- 6:30 pm - 11:00pm - 1 glass water or clear liquid per hour
- After midnight - Do not eat or drink anything

Day 3 - Day of Exam

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Do not eat breakfast, do not take any oral medication or drink until exam is complete.

Pediatric Prep:

0-2 years

No solid foods after midnight on the day of the exam. You may have clear liquids up until time of the exam.

3-5 years

1. Day before exam, clear liquids are strongly encouraged.
2. 4 oz. of chilled Magnesium Citrate at 4:00 p.m. the day before the exam.
3. 1 Dulcolax tablet at 6:00 p.m. the day before the exam.
4. No solids after 10:00 p.m. the night before the exam.
5. Do not eat or drink anything 4 hours before the exam.

6-13 years

1. Clear liquid diet the day before the exam. (Note: No milk or milk products).
2. Throughout the day before the exam, clear liquids are strongly encouraged.
3. 6 oz. of chilled Magnesium Citrate at 4:00 p.m. the day before the exam.
4. 2 Dulcolax tablets at 6:00 p.m. the day before the exam.
5. Do not eat or drink anything after 10:00 p.m. the night before the exam.

Diet Information:

1. Clear liquids consist of water, coffee, tea, clear Jell-O, 7-Up, broth, and orange or grape punch (not juice).
2. Low-Residue Diet consists of the following:
 - Strained fruit juices - orange, apple, grape, pineapple, grapefruit
 - Cereal - Cream of Wheat/Farina, Rice Krispies
 - Eggs - any style
 - Cottage Cheese - dry, not creamed
 - Meat - Canned baby meats, baked skinless fish, finely chopped canned tuna
 - Noodles (macaroni, spaghetti, etc.) or rice
 - Oil, butter or margarine
 - Sweets and sugars - plain gelatin (Jell-O) desserts without added fruit or vegetables, moderate amounts of sugar or strained honey
 - Seasonings - moderate amounts
 - Beverages - same as clear liquids
 - No alcoholic beverages
 - No bread, fruit or vegetables
 - No milk or milk products

Special Instructions:

1. If you are routinely following a special diet (e.g., diabetic), consult your doctor concerning your diet for this colon prep.
2. If you have a colostomy or active colitis of any type, consult your doctor or the radiology department before starting the colon prep.
3. If you are to have a sigmoidoscopy, schedule your colon exam for a time at least 24 hours after the sigmoidoscopy. If a biopsy was done during the sigmoidoscopy or colonoscopy, the colon study should be delayed 10 to 14 days.

4. If you have questions about medications, call your provider or the radiology department.

Post Procedure:

Drink plenty of liquids for several days following the procedure to help flush the barium out of your system

Arrive 15 minutes prior to your appointment

PLEASE BRING THE FOLLOWING TO YOUR APPOINTMENT:

A PHOTO ID TO VERIFY YOUR IDENTITY

A LIST OF CURRENT MEDICATIONS YOU ARE TAKING

Mercy Hospital Parking:

Park in the Mercy Medical Center 10th Street Parking Ramp, located at the corner of 10th Street and 8th Avenue SE. Proceed to **Ground (G)** level and follow the signs to "Radiology (X-Ray)," also located on **Ground (G)** level.

Procedure Results:

A radiologist will review the images shortly after your exam is completed. A written report will be sent to the provider who ordered your exam. Your provider will discuss the results with you. Results will typically be available for your provider within two business days of the exam. Results will also be sent to your MyChart account.