



SURGICAL ASSOCIATES

Patient Education

Colon Gastrografin/Barium Enema Bowel Prep (X-ray Imaging With a Contrast Agent)

Complete this prep the day *before* procedure — Date: _____

**All products are available over the counter at local pharmacies such as Walmart, Walgreens, Target, etc. Generic brand is okay to purchase, provides the same results.*

***NO SOLID FOOD TODAY - CLEAR LIQUIDS ONLY (see back for list).**

NOON

Drink at least 12 ounces of clear liquids.

1:00 p.m.

Drink at least 12 ounces of clear liquids.

2:00 p.m.

Drink at least 12 ounces of clear liquids.

3:00 p.m.

Take 4 Bisacodyl tablets, **SWALLOW THE TABLETS—DO NOT CHEW**, with a full 12-ounce glass of water. **Stay close to a bathroom once you have started your prep.**

5:00 p.m.

Mix a 238-gram bottle of MiraLAX (polyethylene glycol) with 64 ounces of Gatorade, Powerade or Propel water. Drink the mixture during the next two (2) to four (4) hours. For example: to complete drinking the full mixture in two hours, you would drink an 8-ounce glass every 15 minutes.

You may drink clear liquids until **midnight**.

It usually takes about one (1) hour to start feeling the effects. At the beginning, you may notice some bloating or cramping, which generally improves after the bowel movements begin. The use of moist towelettes or wipes and Desitin may help minimize discomfort.

If you are feeling sick while drinking the mixture, take a break for an hour and have some 7-Up or Ginger Ale, then resume.

If you experience nausea or vomiting, wait 30 minutes then continue at a slower rate. Many people find that chilling the mixture and drinking it through a straw has been helpful. You may start the prep earlier to help diminish side effects.

Your stool should eventually appear as a yellow-green liquid (like Mountain Dew), and you should be able to see through to the bottom of the toilet. There may be some flecks of mucous streaks on the bottom, which is normal.

If your stool is **not** see through the morning of your procedure, please contact the imaging center as they may have you come in a little earlier that day.



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You may drink clear liquids (without red or purple coloring) until midnight including:

- Water and mineral water
- Any fruit juices without pulp (i.e. apple juice)
- Jell-O
- Diet or regular soda
- Diet or regular Kool-Aid
- Gatorade, Powerade or Propel
- Popsicles
- Clear broth or bouillon
- Coffee or tea without cream

You may take your medications with a sip of water the day before your procedure.

Consult your physician about taking medications the day of the procedure.

If you are **diabetic** and are concerned about your blood sugars, you may take Boost or Ensure (without fiber) the day before the exam (up to a maximum of three cans/containers).

Day of procedure / Date: _____ **Arrival time:** _____

If you have any questions, call your physician at 715-847-2022 or the department where you are having your imaging done.