



# MERCY HEALTH

## **Barium Enema *or commonly known as a Lower GI Series* Exam Description**

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*Patient is required to take a Prep Kit a day before your scheduled test.*

*The exam requires the bowels to be completely empty so that the anatomy can be well demonstrated.*

*A preliminary X-ray will be taken before the exam begins to determine the bowel is completely empty enough to perform the exam. If it is not, the patient will be asked to reschedule and follow the re-prep instructions.*

### **Description:**

The procedure is an X-ray procedure where liquid barium, is infused through a tube (catheter) inserted into your rectum, until it completely fills the colon or large bowel. The radiographer will then take a series of X-ray films of your colon. Air may also be used in this exam to demonstrate anatomy as well. A radiologist will monitor the flow of barium and a series of X-ray films will be taken throughout the process. The approximate time for the examination is 45 minutes.

Any questions or concerns please call  
Mercy Campus Radiology 231-672-3927  
Lakeshore Campus Radiology 231-861-3007

***To Reschedule or any additional Scheduling questions please call  
231-672-4800***

Preps can be picked up free at any Mercy Health Pharmacy Location listed below:

MH Glenside (Inside Plumbs) 1663 W. Sherman Blvd. Muskegon, MI 4944 231-755-2443	MH Hackley 1675 Leahy St. Ste. 111 Muskegon, MI 49442 231-728-5888	MH Lakes 6401 Prairie St. Ste. 1100 Muskegon, MI 49444 231-727-7968	MH Westshore 1150 E. Sherman Blvd. Muskegon, MI 49441 231-672-2204	MH Wolf Lake (Inside Wolf Lake Market) 5483 Apple Ave. Muskegon, MI 49442 231-788-4087
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# MERCY HEALTH

## **Barium Enema *or commonly known as a Lower GI Series* Exam Description Two Day Prep Kits**

*Preps can be picked up at any Mercy Health Pharmacy which includes the following:*

*1-10oz Magnesium Citrate  
3 tablets Dulcolax (5mg Bisacodyl) oral laxatives  
1 Dulcolax (10mg Bisacodal) suppository  
1 Fleet enema  
\*\*Age 5 and over requires the Prep Kit*

### **DAY BEFORE SCHEDULED EXAM**

12:00 p.m. (Noon) Meal

- (1) Cup bouillon and crackers
- (1) White meat/white bread sandwich (chicken, tuna, fish, turkey) no condiments or lettuce
- (1/2) Glass apple or grape juice
- (1) Serving plain jello (no fruit or cream)
- (1) Glass of skim milk

1:00 p.m.

- (1) Glass of water

3:00 p.m.

- (1) Glass of water

5:00 p.m. CLEAR LIQUID SUPPER

- (1) Cup bouillon
- (1) Cup apple or grape juice
- (1) Serving of plain jello (no fruit or cream)

7:00 p.m.

- At least (1) cup of water

8:00 p.m.

- (1) 10oz. bottle of Magnesium Citrate (COLD)

10:00 p.m.

- At least (1) glass of water
- (3) Dulcolax (biscodyl 5mg tabs USP mgm) with water
- DO NOT TAKE WITHIN ONE HOUR OF ANTACIDS OR MILK

12:00 a.m. (midnight)

- (1) Glass of water

### **EXAM DAY**

6:00 a.m.

- Drink 12oz. water
- Unwrap Dulcolax suppository (10mg Bisacodyl) and insert rectally

7:00 a.m.

- Low phosphate (Fleets) enema



# MERCY HEALTH

## **Barium Enema *or commonly known as a Lower GI Series* Exam Description**

### **Re-Prep**

*(If Barium Enema canceled due to residual stool)*

*Preps can be picked up at any Mercy Health Pharmacy which includes the following*

*1-10oz Magnesium Citrate*

*3 tablets Dulcolax (5mg Bisacodyl) oral laxatives*

*1 Dulcolax (10mg Bisacodal) suppository*

*1 Fleet enema*

*Ensure 6-pack available at stores or pharmacy any flavor may be used \*without fiber*

### **DAY BEFORE SCHEDULED EXAM**

9:00 a.m.

(1) Can of Ensure

12:00 p.m. (Noon)

(1) Can of Ensure

1:00 a.m.

(1) Glass of water

3:00 p.m.

(1) Can of Ensure

3:30 p.m.

(1) Glass of water

5:00 p.m.

(1) Can of Ensure

7:00 p.m.

(1) Can of Ensure

7:00 p.m.

At least (1) cup of water

8:00 p.m.

(1) 10oz. bottle of Magnesium Citrate (COLD)

10:00 p.m.

At least (1) glass of water

(3) Dulcolax (biscodyl 5mg tabs USP mgm) with water

**DO NOT TAKE WITHIN ONE HOUR OF ANTACIDS OR MILK**

11:00 p.m.

(1) Can of Ensure

12:00 a.m. (midnight)

(1) Glass of water

### **EXAM DAY**

6:00 a.m.

Drink 12oz. water

Unwrap Dulcolax suppository (10mg Bisacodyl) and insert rectally

7:00 a.m.

Low phosphate (Fleets) enema



# MERCY HEALTH

## Barium Enema *or commonly known as a Lower GI Series* Exam Description

### Pediatric Barium Enema Prep (If Barium Enema canceled due to residual stool)

*Preps can be picked up at any Mercy Health Pharmacy which includes the following*

*1-10oz Magnesium Citrate  
3 tablets Dulcolax (5mg Bisacodyl) oral laxatives  
1 Dulcolax (10mg Bisacodal) suppository  
1 Fleet enema*

***\*\*Age 5 and over requires the Prep Kit***  
***Follow age and weight limits for proper dosage:***

#### **5-12 Years Old**

Low residue diet for 2 days and then clear liquids for 24 hours  
NO MILK PRODUCTS

#### **DAY BEFORE SCHEDULED EXAM**

11:00 a.m.

Dosage:

- (1) Dulxolax (Bisacodyl 5mg tablets) 15-30 kilograms (33-36 lbs.)
- (2) Dulxolax (Bisacodyl 5mg tablets) Over 30 kilograms (over 66 lbs.)

8:00 p.m.

Dosage:

- (1) Pediatric Fleet Enema up to 6 years old
- (1) Adult Fleet Enema over 6 years old

#### **EXAM DAY**

3 hours prior to exam repeat Fleet Enema

#### **13 and Older**

Low residue diet for 2 days and then clear liquids for 24 hours  
NO MILK PRODUCTS

#### **DAY BEFORE SCHEDULED EXAM**

11:00 a.m.

Dosage:

- (1) Dulxolax (Bisacodyl 5mg tablets) 15-30 kilograms (33-36 lbs.)
- (2) Dulxolax (Bisacodyl 5mg tablets) Over 30 kilograms (over 66 lbs.)

Evening

Dosage:

- (1/2) bottle of Magnesium Citrate (COLD) over 90lbs
- (1) 10oz. bottle of Magnesium Citrate (COLD) over 120lbs.

8:00 p.m.

- (1) Adult Fleet Enema

#### **EXAM DAY**

3 hours prior to exam repeat Fleet Enema



# MERCY HEALTH

## **Barium Enema *or commonly known as a Lower GI Series* Exam Description**

### **Clear Liquid Diet (NO MILK PRODUCTS)**

#### **FOODS ALLOWED:**

##### Beverages:

Carbonated beverages, coffee, Kool-Aid, tea

##### Desserts:

Gelatin

##### Fruit:

Apple juice, cranberry juice, grape juice

##### Soups:

Beef Bouillon, Chicken Consommé

##### Sweets:

Hard candies, Sugar

#### **\*\*\*Sample Menu**

##### ***Breakfast***

*Beef Bouillon*

*Cranberry Juice*

*Gelatin*

*Tea, Sugar*

##### ***Lunch***

*Chicken Consommé*

*Grape Juice*

*Gelatin*

*Ginger Ale*

*Tea, Sugar*

##### ***Supper***

*Beef Bouillon*

*Apple Juice*

*Gelatin*

*Cola Beverage*

*Tea, Sugar*



# MERCY HEALTH

## **Barium Enema *or commonly known as a Lower GI Series* Exam Description**

### **Low Residue Diet for Gastrointestinal Studies**

#### **FOODS ALLOWED:**

**Milk:**

Daily  $\frac{3}{4}$  - 1 Cup total

This includes all milk used in cooking and dairy products such as cheese, eggnog, malted milk etc.

**Eggs:**

Soft, boiled, poached, omelet, scrambled

**Meat:**

Tender chicken, beef, lamb chops (well-trimmed) or fish

*All meats should be boiled or baked*

**Cereals:**

Cream of wheat, farina, well-cooked oatmeal, cream of rice, corn meal, puffed rice, rice krispies, corn flakes

**Bread:**

White, soda crackers, rusk or known as zwieback

**Vegetables:**

Potatoes, baked or mashed without skins

**Fruit:**

Fruit juice only

**Dessert:**

Custard, plain ice cream, pudding – limit to  $\frac{1}{2}$  cup serving per day

**Soup:**

Strained vegetables, broth, bouillon

**Beverages:**

Milk within allowance above, all fruit juices, Kool-Aid, soft drinks

**Sugar:**

Jelly, hard candies in moderation

#### **FOODS TO AVOID**

*All fruits and vegetables except potatoes*

*All fried foods*

*Highly seasoned foods, spices, gravy*

*Coarse whole grained cereals and breads*

*Hot bread, pastry, rich cakes or cookies*

*Jams*

*Nuts and dried fruit such as raisins, dates, figs, prunes*