

St. Vincent's Clay County

Barium Enema Bowel Prep

- Begin your prep the DAY BEFORE your exam.
- Start by ONLY drinking clear fluids when you wake up in the morning the day before the exam.
- At 12pm mix a 238 gram bottle of **Miralax** with **64 oz of Gatorade** (not red!) until Miralax is fully dissolved. Drink 8oz every 10-15 minutes until gone.
- At 3pm take 2 **Dulcolax** tablets.
- Continue drinking clear fluids until bedtime.
- No food or drinks after midnight

Your appointment is scheduled for_____. Please arrive 30 minutes PRIOR to your scheduled exam time for registration purposes.

Plan on being here around 1-2 hours total.

If you have ANY questions please feel free to call the x-ray department at 602-1449.