

Exam preparation : double contrast barium enema

1- Buy :
1 bottle of Citromag
3 pills of Dulcolax
1 suppository of Dulcolax

2- Two days before the exam, upon awakening:

- Liquid diet
- You can take :
 - ✓ Water
 - ✓ Apple juice (without pulp)
 - ✓ Orange juice (without pulp)
 - ✓ Jell-O
 - ✓ Soup broth (without noodles, vegetables or soda biscuit)
 - ✓ Powerade/Gatorade
 - ✓ Tea (no milk)
 - ✓ Coffee (black-no milk)

IMPORTANT : dairy product or fiber are **NOT** accepted

3- The day before the exam:

- Continue liquid diet
- Between 2PM and 3PM: drink the entire content of the Citromag with ice. You must expect vigorous purge of the intestines for 3 to 6 hours.
- Around 8PM : take 3 tablets of Dulcolax with a full glass of water. Do not chew the tablets. Take them one at the time.
- Around 10PM : remove the suppository from its packaging and insert it into the rectum. Wait at least 10 to 15 minutes minimum before going to the bathroom, even if its urgent.
- Do not drink or eat after midnight. ****If your exam is in the afternoon, you need to stop eating and drinking 6 hours before the scheduled appointment.****
- If you take medications, take them as usual, even the morning of the exam, with a little water.

It is very important to follow this preparation as indicated or your exam could be rescheduled.