

MUSKOGEE DIGESTIVE CENTER
384 S. 33RD STREET STE. B
MUSKOGEE, OK 74401
918-682-0700

AJAY K. SANGAL, MD

BARIUM ENEMA

DAY BEFORE PROCEDURE TAKE PRESCRIPTION TO PHARMACY AND PURCHASE LAXATIVE. MIX AS DIRECTED AND REFRIGERATE SO THAT IT IS CHILLED WHEN IT IS TIME TO DRINK.

READ CAREFULLY AND FOLLOW THE STEPS LISTED BELOW:

DAY BEFORE YOUR EXAM:

1. FOR BREAKFAST AND LUNCH, CHOOSE FROM THESE FOODS ONLY
BOILED OR POACHED EGG
MASHED POTATOES (NO MILK OR MILK PRODUCTS)
WHITE BREAD
BANANA
CLEAR LIQUIDS (CHOOSE FROM CLEAR LIQUID LIST BELOW)
2. FOR SUPPER CLEAR LIQUIDS ONLY
3. AT 4:00 P.M. START DRINKING THE COLYTE, GOLYTELY OR NULYTELY, WHICH EVER HAS BEEN PRESCRIBED TO YOU. CONTINUE UNTIL THE BOTTLE IS EMPTY. NEEDS TO BE FINISHED BY 10:00 P.M. THIS WILL AVERAGE OUT TO A TEA GLASS SIZE EVERY 10-15 MINUTES. IF YOU BECOME NAUSEATED SLOW DOWN.

CLEAR LIQUID LIST

DO NOT EAT OR DRINK ANYTHING COLORED RED, PURPLE OR ORANGE!!

SOFT DRINKS SUCH AS GINGER ALE, COKE, PEPSI, SPRITE AND 7-UP. STRAINED FRUIT JUICES WITHOUT PULP SUCH AS APPLE JUICE, WHITE GRAPE, LEMONADE. WATER, TEA AND BLACK COFFEE (NO MILK OR MILK PRODUCTS OR NON DAIRY CREAMER)
FAT FREE, LOW SODIUM CHICKEN OR BEEF BOUILLON/BROTH.
HARD CANDIES
JELL-O (LEMON OR LIME) - NO FRUIT OR TOPPINGS
POPSICLE'S, ITALIAN ICE - NO SHERBERT OR FRUIT BARS

NOTHING TO EAT OR DRINK AFTER MIDNIGHT!!!!