



## PREPARATION REQUIREMENTS ADULT BARIUM ENEMA



### ADMISSION REQUIREMENTS AND APPOINTMENT SCHEDULING

1. Medical order with information about the test to be performed.
2. Authorization from the insurance company.
3. Identification document and insurance card (if applicable).
4. If the patient is (think is) pregnant, inform immediately the radiology personnel.
5. During the last eight (8) days you should NOT have had any studies performed using barium as a contrast medium.

### EXAM DURATION:

Approximately 1 hour.

### TWO DAYS BEFORE THE TEST:

1. Bland diet: crackers, pasta soup, rice soup, gelatin, all kinds of juices (no milk), ground beef.
2. Do not consume dairy like yogurt, cheese, among others.
3. No smoking.
4. Take two tablespoons of milk of magnesia with each meal.

### ONE DAY BEFORE THE TEST:

1. The same diet.
2. At 2 pm take half a bottle of Citromel following the instructions.
3. Take half a bottle of Citromel an hour after dinner (7-8 pm).
4. Take plenty of fluids.

### ON EXAM DAY:

1. Have a light breakfast (crackers).
2. Bring a companion.
3. Bring related previous radiological studies.
4. Do not bring jewelry, money or valuables. CediMed is not responsible for any loss or theft of your belongings.

*Note: If the patient has a colostomy and the distal segment is working or continues with rectal excretion, place 1 Travad rectal enema 2 hours before the procedure, and the day before the test consume a bland diet.*