

Purchase the following supplies

Available without a prescription at any pharmacy or drug store.

- Dulcolax 5mg (generic name – bisacodyl) laxative tablets (do not purchase the stool softener version)
- One 7 or 8 oz. bottles of MiraLAX powder (or generic polyethylene glycol 3350)
- Two 64 oz. bottles of Gatorade OR four 32 oz. bottles of Gatorade
 - Diabetic patients and patients concerned about sugar intake should purchase G2 Gatorade in any color

For three days before your procedure:

- Do not eat corn
- Do not eat breads or crackers with seeds
- You may have fruits and vegetables, but do not eat the seeds or peelings
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THE DAY BEFORE YOUR BARIUM ENEMA

• Clear liquids only all day. No solid food. Clear liquids include: water, cola beverages, coffee (no milk or cream), tea, consommé, lemonade, Kool-aid, broth, Gatorade, apple juice, white grape juice, white cranberry juice, Jell-O (any color). • Drink at least 8 oz. of these liquids every hour between 8am & 2pm. It is very important that you stay hydrated. • Mix the bottle of MiraLAX in the bottle of Gatorade. Shake the solution until the MiraLAX dissolves and refrigerate if desired. • START PREP AT 10:00am
• Take four Dulcolax laxative tablets for a total of 20 mg. Continue clear liquids.
• Begin drinking the 64 ounces of MiraLax/Gatorade solution. Drink one 8-10 oz glass every 15-20 minutes until the prep is finished. • Do not eat or drink anything after midnight.