Pediatric Barium Enema Prep

BARIUM ENEMA PREP:

0-2 years
No solid foods on day of exam. May have clear liquids until time of exam.

3-5 years
1. Day before exam, clear liquids are to be very strongly encouraged.
2. Administer 4 oz. (120cc) of magnesium citrate at 4:00 p.m. (1600 hours) the day before the exam. Serve magnesium citrate chilled.
3. Administer 1 Dulcolax tablet at 6:00 p.m. (1800 hours) the day before the exam.
4. No solids after 10:00 p.m. (2200 hours) the night before the exam.
5. Nothing by mouth starting 4 hours before exam.

6-13 years
1. Clear liquid diet the day before the exam. (Note: No milk or milk products.)
2. Throughout the day before the exam, clear liquids are strongly encouraged.
3. Administer 6 oz. (180 cc) of magnesium citrate at 4:00 p.m. (1600 hours) the day before the exam. Serve magnesium citrate chilled.
4. Administer 2 Dulcolax tablets at 6:00 p.m. (1800 hours) the day before the exam.
5. Nothing by mouth after 10:00 p.m. (2200 hours) the night before the exam.

14 years & older – Use adult prep.

GENERAL INFORMATION
1. No prep is used when the study is for the following conditions.
   - Hirschspung’s disease
   - Acute abdomen conditions
   - Active inflammatory bowel disease.
2. A barium enema should be deferred for 10-14 days after biopsy of the colon.
3. The large bowel or colon must be as clean as possible; otherwise, the exam may have to be repeated. To adequately clean the colon, the patient must follow these steps:
   - Reduce the amount of feces in the colon by a low-feces-producing diet.
   - Drink large amounts of clear fluids (essentially water) and keep the fluid in the bowel by taking an osmotic laxative (magnesium citrate.)
   - Flush the water from the colon by taking a stimulating laxative (Dulcolax).
4. The rational colon prep is modified for young children and infants. This is done because the range of expected abnormalities is different from that of older children and adults.

Note: x-ray examination during pregnancy should be limited so that a developing baby will not be exposed to unnecessary radiation. The need for your study should be discussed with your doctor if:

1. It will be more then 10 days after the beginning of your last menstrual period, unless birth control methods are used, or
2. If you are, or think you may be pregnant.

Diet Information

1. Clear liquids consist of water, coffee, tea, clear jell-o, 7-up, orange or grape punch (not juice), and broth.
2. Low Residue for barium enema diet consists of the following:
   • Strained fruit juices – orange, apple, grape, grapefruit, pineapple
   • Cereal – Cream of Wheat, Farina, Rice Krispies
   • Eggs – any style
   • Cottage Cheese – dry, not creamed
   • Meat – canned baby meats, baked skinless fish, finely chopped canned tuna, macaroni, spaghetti, noodles, rice
   • Oil, butter or margarine
   • Sweets and sugars – plain gelatin (jell-o) desserts without added fruit or vegetables, moderate amounts of sugar or strained honey
   • Seasonings – moderate amounts
   • Beverages – same as clear liquids
   • NO MILK OR MILK PRODUCTS
   • NO “ARTIFICIAL” MILK PRODUCTS
   • No alcoholic beverages
   • No bread, no fruit, no vegetables

DO NOT USE MAGNESIUM CITRATE IF PATIENT IS IN RENAL (KIDNEY) FAILURE. CONSULT PHYSICIAN OR RADIOLOGIST FOR APPROPRIATE CHANGES IN PREP.

Your appointment date and time:

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