

Preparation for your Barium Enema

**Radiology Department
Diagnostics
Clinical Support Services**

This leaflet has been designed to give you important information about your procedure, and to answer some common queries that you may have.



Information for patients and visitors

EXAMINATION PREPARATION INSTRUCTION

PLEASE READ CAREFULLY

IT IS ESSENTIAL THAT THE FOLLOWING
INSTRUCTIONS ARE FOLLOWED:

If you are diabetic or have any problems
with the following instruction please
contact the x-ray department before
starting the bowel preparation.

Contact number is 01724 290194

**INSULIN DEPENDENT DIABETIC
PATIENTS – PLEASE CONTACT YOUR
DIABETES NURSE SPECIALIST**

How to prepare for your Barium Enema

5 days before your appointment

- Stop taking bran and dietary fibre supplements, iron replacement therapy and vitamins containing iron

3 days before your appointment

- Only eat foods from the SUGGESTED FOOD LIST (see below)
- Drink twice your normal fluid intake

2 days before your appointment

- Only eat foods from the SUGGESTED FOOD LIST (see below)
- Drink twice your normal fluid intake

NON-INSULIN DEPENDENT DIABETIC PATIENTS ONLY – ADDITIONAL INSTRUCTIONS

DAY BEFORE THE EXAMINATION

TAKE ONE ITEM FROM THE LIST EVERY
HOUR UNTIL BEDTIME:

- 60mls ORIGINAL LUCOZADE
- 100mls COLA
- 150mls LEMONADE
- 30mls NEAT ORDINARY SQUASH DILUTED WITH WATER
- 1 CUP BLACK TEA OR COFFEE AND 2 TEASPOONS OF SUGAR

DO NOT USE DIET DRINKS

TABLETS: TAKE YOUR USUAL DOSE

The day before your appointment (ALL PATIENTS)

**Change to the following liquid diet from
breakfast time**

- Clear soup, Bovril, Marmite drinks
- Black tea or coffee, diluted squash, water or flavoured water
- Jelly
- Boiled sweets if desired

**Drink at least a glass of fluid every hour
throughout the day to avoid dehydration**

- At 8am, dissolve the powder from one of the packets of PICOLAX (given to you with this letter) in a little water in a glass. The solution will become hot. Wait for about 5 minutes; add cold water until the glass is half full. Drink the solution
- At 2.30pm, mix the second packet of PICOLAX in the same way. Wait 5



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minutes until the solution has cooled then drink it

N.B. PICOLAX is a strong laxative. Be prepared for your bowels to open about one hour after the first does, and at several other times during the day. It is advisable to stay within easy reach of a toilet.

On the day of your examination

Continue with liquids only until after the examination then commence with normal diet.

Attend for your appointment.

SUGGESTED FOOD LIST

- MEAT: Lean beef, pork, ham bacon, chicken and turkey. (No sausages or burgers)
- FISH: Any fish except those you eat with bones e.g. sardines
- FATS: Cooking oil
- BREAD: White bread, white bread roll
- CHAPATTI: White chapattis made with No 1 flour
- BISCUITS: Rich Tea, Arrowroot, Morning Coffee, Ginger Nuts, Water Biscuits
- RICE: White Rice
- PASTA: White pasta e.g. spaghetti, macaroni including those tinned in sauce.
- FRUIT SPREADS: Jelly type, smooth jam or marmalade with no pips or peel
- DESERTS: Jelly, Sorbet

SAUCES: Tomato, Brown, Worcester or Soy Sauce

MISCELLANEOUS: Plain boiled sweets, Jelly sweets

BEVERAGES: Black Tea, Black coffee, Lemonade, Fizzy drinks, Diluted squash

SAMPLE MEAL PLAN

BREAKFAST: White bread or toast with marmalade (no peel)

Tea or coffee -black & sugar if desired

MID MORNING: Rich tea or other plain biscuit
 Black tea or coffee

LUNCH: White sandwich or bread roll with lean meat, poultry, fish (no bones) or egg filling
 Jelly or sorbet

MID-AFTERNOON: Rich tea or other plain biscuit
 Black tea or coffee

EVENING MEAL: Lean meat, poultry or fish (no bones), egg with white pasta
 Rice or bread
 Jelly or Sorbet

SUPPER: White sandwich or bread roll with lean meat, poultry, fish (no bones) or egg filling
 Rich tea or other plain biscuit



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Concerns and Queries

If you have any concerns / queries about any of the services offered by the Trust, in the first instance, please speak to the person providing your care.

For Diana, Princess of Wales Hospital

Alternatively you can contact the Patient Advice and Liaison Service (PALS) on (01472) 875403 or at the PALS office which is situated near the main entrance.

For Scunthorpe General Hospital

Alternatively you can contact the Patient Advice and Liaison Service (PALS) on (01724) 290132 or at the PALS office which is situated on C Floor.

Alternatively you can email:
nlg-tr.PALS@nhs.net

Northern Lincolnshire and Goole NHS Foundation Trust

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