

Imaging Department

Morning PicoPrep pack (Augmented)

Patient preparation instructions

To: _____

An appointment for a Barium Enema examination has
been made for you.

At: Whangarei Hospital, Ground floor

Day of week: _____

Time: _____

* Please take the attached prescription to the
chemist and take the tablets when instructed on
the middle page of this booklet

Imaging Department
Whangarei Hospital

IMA1002

December 2003

THE BARIUM ENEMA EXAMINATION

Your doctor has sent you to the radiologist for a *barium enema examination*

Barium is a *harmless* material, which forms a thin lining on the inside of your bowel so that all the hidden surfaces are clearly outlined

To achieve this, the radiologist will gently introduce the barium fluid through a *small tube* passed into your rectum (back passage).

Excess fluid will then be drained out through the same tube and a small amount of air may be introduced to make the bowel bigger and allow the surface to be seen clearly on the x-ray.

You may also receive an injection to relax your bowel muscles.

While the barium is being put in through the tube, most people feel as though they need to go to the toilet. This feeling is only present during the first stages and passes off when the excess barium is drained away again.

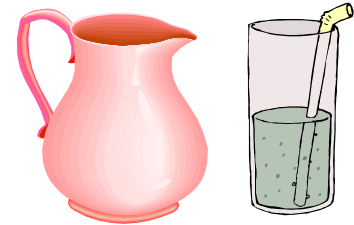
The examination may take somewhere between half an hour and an hour.

Continue drinking clear fluids, at least one glass every hour.

9.00PM:

Prepare the second sachet as before and drink followed by a another glass of water straight away.

Continue drinking clear fluids until 6 hours before your examination.



Tick here

ON THE DAY OF YOUR EXAMINATION

Today you are going for your examination:

Do not eat anything until afterwards. If your mouth is very dry you may take a few sips of water.

Please take your usual medication with a **little** bit of water.



Do **not** take your diabetic medication unless you have checked with your doctor.

ON THE DAY BEFORE YOUR EXAMINATION

Take all your usual medicines with water

Drink only clear fluids

When: Throughout the day to approximately twice your normal intake



What:

Water

Clear soup

Coffee or tea, but no milk or dairy whitener (sugar is optional)

Dilute cordials

Clear lemonade, ice blocks



In the afternoon about 3.00pm:

In a jug, mix 250mls of warm water with the powder from one of the sachets. When the powder is dissolved, drink the mixture and then drink another glass of water straight away.

If you would prefer the mixture cold, make it up earlier in the day and refrigerate



Tick here



HOW TO PREPARE FOR YOUR BARIUM ENEMA

To obtain the best possible x-rays, your bowel must not contain any food or gas (wind).

The instructions in this pamphlet are intended to ensure that you have plenty to drink and that your bowel is completely empty.

You may find after this procedure your bowel motions are looser and more frequent than usual. This will improve.

You may also have a stomachache, but this is quite normal.

Please follow the instructions carefully so that unnecessary extra examinations are avoided.

Please tick off the steps on the last three pages of this pamphlet as you complete them and bring this booklet with you when you come for your x-ray examination

DIABETICS: Please contact your family doctor with this sheet for advice about your medication before commencing preparation

TWO DAYS BEFORE THE EXAMINATION
(Take all your usual medication)

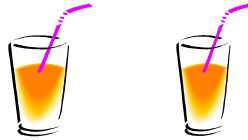
Make sure you follow the instructions on the next page for the day before the examination

Milk Shape or Trim (from allowance of 300mls per day)

Otherwise, drink only clear fluids



When: Throughout the day, approximately twice your normal intake.

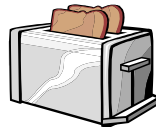


What: Water
 Clear soup
 Coffee or tea (sugar is optional)
 Dilute cordials
 Clear lemonade, ice blocks



Breakfast:

1 cup cornflakes, rice bubbles
 ½ cup stewed apples (no skin)
 1-2 slices white toast (no butter or margarine) with marmite, vegemite or honey (no jam)



10.00am

2-4 plain water crackers (no seeds or spreads)

Lunchtime 1-2 slices white bread/toast (no butter or margarine)



30gm boiled fish or chicken (skin removed for cooking)

OR:

1 boiled or poached egg
 1 serving plain jelly (no fruit, cream, ice cream)

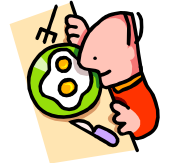


3.00pm 2-4 plain water crackers

Dinner 60g boiled fish or chicken (skin removed before cooking)

OR:

2 boiled or poached eggs
 1-2 cups pumpkin, carrot, or swede only
 1 serving plain jelly (no fruit, cream, ice cream,)
 3-4 meringues (no cream)



Supper 2-4 plain water crackers (no seeds, spreads)

*** Before Bedtime**

Please take prescribed tablets that you received from the chemist

Tick here

Tick here