

Imaging Department
Afternoon 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: _____

Imaging Department
Whangarei Hospital

IMA1001 December 2003

* Please take the attached prescription to the chemist and take the tablets when instructed on the day before your examination

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).

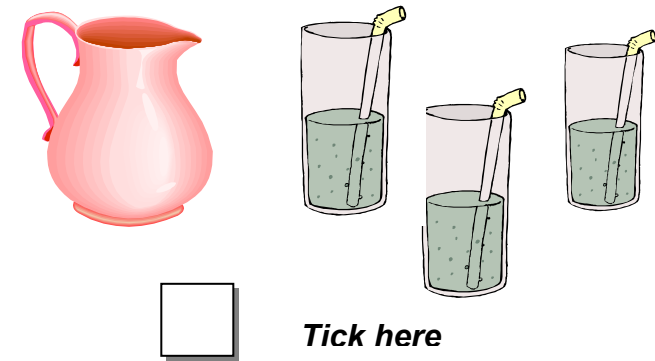
Excess fluid will then be drained out through the same tube and a small amount of air may be introduced to make the bowel bigger and allow the surface to be seen clearly on the x-ray.

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.

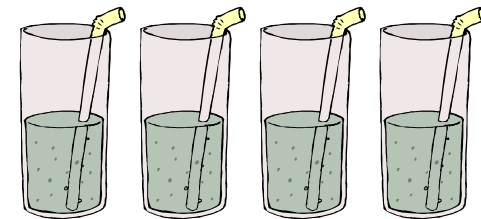
Drink at least three more glasses of clear fluids before going to bed.



ON THE DAY OF YOUR EXAMINATION

Today you are going for your examination:

7.00am: Make up the second sachet as before and drink followed by at least four (4) glasses of water.



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

In the morning: please take the prescribed tablets that you received from the chemist.

Take all your usual medications 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 evening about 7.00pm:

In a jug, mix 250mls of warm water with the powder in 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

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

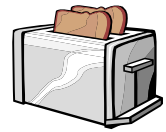
1-2 slices white bread/toast
(no butter or margarine)

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)

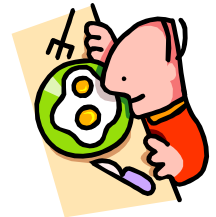
OR:

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)

Tick here