PATIENT PREPARATION FOR BARIUM ENEMA

Ask the pharmacist for the following: ***(They can be purchased at any pharmacy)***
1 BOX DULCOLAX® (Only need 2 tablets)
1 BOX PICO-SALAX® (2 sachets)

(Physician's office)

YOUR APPOINTMENT DATE IS:
YOUR APPOINTMENT TIME IS:
YOUR APPOINTMENT LOCATION IS:
REPORT TO HOSPITAL/CLINIC BY: am/pm

3 DAY PREPARATION IS REQUIRED:

DAY 1

DATE — Eat and drink normally. **Take two (2) Dulcolax tablets (5 mg) at 6 pm.**

DAY 2

DATE — Low fiber diet. **DO NOT EAT** fruits, vegetables, cereals or breads. You may eat fish, chicken (no red meat), eggs, white rice, potatoes or pasta with red sauce only.

Starting at 6 pm — Your diet will be **CLEAR FLUIDS ONLY**. Do not eat solid foods.
Clear Fluid Guideline: You may drink water, tea or coffee (without milk), clear chicken or beef broth/bouillon or consommé, any kind of soft drink, any juice that you can see through (i.e. apple or cranberry juice, Jello and Popsicles.

DAY 3

DATE — Your diet will continue to be **CLEAR FLUIDS ONLY**. **DO NOT EAT SOLID FOODS**. See Clear Fluid Guideline above.

Before 8 am — Mix one packet of PICO-SALAX with 150mL of cold water (5 oz.) and allow cooling. Drink this before 8:00 am.

8 am to 4 pm — If possible, drink 250mL (8 oz) of water or other clear fluid every hour.

4 pm to 6 pm — Take second packet of PICO-SALAX mixed with 150mL of cold water (5 oz.) between 4 and 6 pm and continue on clear fluids until bedtime.

DO NOT DRINK AFTER MIDNIGHT

SPECIAL INSTRUCTIONS:

FERRING PHARMACEUTICALS
Toronto, Ontario M2J 5C1
1 866 384 1314

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