

## **BARIUM ENEMA PREP (with Pico Salax)**

Obtain 1 box Pico Salax from your pharmacy.

### **DAY BEFORE EXAM**

**12 NOON** Lunch

Eat only the following:

- 1 cup bouillon soup with crackers
- 1 white chicken meat sandwich (no butter, lettuce or additive)
- ½ glass of clear apple or grape juice
- 1 serving plain Jell-O (no cream, fruit or additive)
- 1 glass skimmed or non-fat dry milk

**1PM** Drink one full glass of water

**3PM** Drink another full glass of water

**4PM** Take first sachet of Pico Salax. Fill glass with 150 mls (5oz) of cold water. Empty contents of sachet in the glass. Stir for 2-3 minutes until completely dissolved before you drink.

**4 – 8 PM** Drink 4-6 glasses of water

**5PM** Supper

Eat only the following:

- 1 cup bouillon soup
- 1 glass of clear apple or grape juice
- 1 serving plain Jell-O (no cream, fruit or additive)

**8PM** Take second sachet of Pico Salax. Fill glass with 150 mls (5oz) of cold water. Empty contents of sachet in the glass. Stir for 2-3 minutes until completely dissolved before you drink.

**8 – 12 midnight** Drink 4 – 6 glasses of water

### **DAY OF EXAM**

**7 AM** Drink a glass of clear fluid. If your appointment is in the afternoon you may eat a plain piece of toast in the morning and drink clear fluids until the appointment time.

**\*\*MEDICATIONS:** If you are taking pills and/or insulin for diabetes, check with your family doctor. You may need some special instructions about taking these medications before your test. Bring your blood testing equipment to the hospital with you.