

PATIENT INSTRUCTIONS: BEFORE YOUR FLUOROSCOPY

Clear liquids include: Water, tea, coffee (no cream), soft drinks, bouillon, Jello (no fruit), apple juice, cranberry juice, ice popsicles.

Barium Swallow - Upper GI - Small Bowel - Esphogram

- Nothing to eat or drink after midnight

Barium Enemas (air or regular contrast) Adults only

DAY BEFORE YOUR APPOINTMENT:

12:00PM (NOON)

Begin clear liquid diet: water, tea, coffee, yellow gelatin, clear sodas, and broth.

NO alcoholic beverages, bread, fruit, vegetables, milk, milk products, or artificial milk products.

Drink 8 to 10 glasses of water during the day to help ensure a successful colonoscopy procedure.

4:00PM

Drink one whole bottle of Magnesium Citrate (10 oz.)

5:00PM

Clear Liquid Supper

6:00PM

Take up to (4) Dulcolax (bisacodyl) tablets (if not contraindicated). Do not chew or crush.

Tablets should be swallowed whole and not taken within an hour of antacids or milk.

12:00AM-ON

Nothing to eat or drink after midnight (may take regular medications if any with a small amount of water).

5:30AM

Insert Ducolax (bisacodyl) suppository in rectum & retain for 20 minutes, if possible.

DAY OF EXAMINATION

No breakfast (may take regular medication, if any, with a small amount of water)

Arthogram - Aspirations - Injections

- Clear liquids only 4 hours prior to your appointment.
- You must have a driver with you to drive you home.
- Discontinue blood thinners with approval from your referring physician.
- If you have allergies, call 252.752.5000