

# DIAGNOSTIC RADIOLOGY

## PATIENT PREPARATION

### UPPER GI SERIES, BARIUM SWALLOW AND SMALL BOWEL SERIES

An upper GI series is a series of X-rays of the esophagus, stomach, and small intestine that are taken after the patient drinks a barium solution. Barium is a white, chalky substance that outlines the organs on the X-ray.

- Do NOT eat or drink after midnight on the morning of the exam.
- Do NOT chew gum or smoke after midnight. Chewing gum and smoking can cause stomach secretions, which also may degrade the quality of the images.

### IVP (INTRAVENOUS PYELOGRAM)

An IVP is a series of X-rays of the Kidney, Ureters and Bladder that are taken after an injection of contrast (X-ray dye).

- Drink 5oz. of citrate of magnesia (over the counter at most pharmacies) at 6:00 PM the evening prior to the procedure. Have a moderate supper and nothing to eat or drink after midnight.

### BARIUM ENEMA

This is an X-ray examination of the lower digestive tract (the large colon). For this examination it is absolutely necessary to have a clean colon.

### 1 DAY BEFORE THE PROCEDURE

#### ALL DAY: Clear Liquid Diet ONLY

- NO solid or soft food
- NO milk or other dairy products
- NO alcohol
- Clear liquids are those you can “see through”:
  - Water, fruit juice with no pulp, apple or white grape juice, tea/coffee without milk or creamer, clear broth, carbonated soft drinks, lemonade, Kool-Aid, plain Jell-O, popsicles, hard candy.
- AVOID red and purple liquids
- **It is important that you drink as much liquid as possible throughout the day**

#### 2:00 PM (or earlier if you are able)

Take 2 Dulcolax laxative tablets with 8 oz of water

- Do not chew or crush tablets
- Do not take within one (1) hour of taking an antacid

## **4:00 PM**

1. Mix the entire 238-gram bottle of Miralax into 64 oz of Gatorade/Powerade or other clear liquid. **Shake/Stir until dissolved.**
2. Drink 8 oz. of the solution every 15 minutes until it is gone. For best results, the prep should be completed within two (2) hours.

If you become nauseated while drinking the prep, stop for 30-45 minutes, drink a liquid such as ginger ale to settle the nausea, then resume the prep.

Please remain with easy reach of toilet facilities. Everyone is different, so your bowels may begin to move within 30 minutes, or it may take several hours before you see results from your colon prep.

You may experience some nausea and abdominal discomfort. This should improve as your bowels move. If your symptoms become severe, stop the prep and notify the Radiology department immediately, 205.481.7155 or go to the nearest emergency room.

## **DAY OF THE PROCEDURE**

**DO NOT eat or drink anything until after your procedure.**

- You may take your regular medicines (blood pressure, breathing, heart) with a small sip of water the morning of your procedure.

### **After your procedure**

- Resume your regular diet
- Drink as much liquid as possible the remainder of the day

### **Obtain at the Pharmacy (Over the Counter)**

- Miralax 238-gram container
- 5- tablet pack of Dulcolax (bisacodyl), each 5 mg.
- 64 oz. Gatorade or Powerade Zero (no red or purple)