

Gatorade Bowel Prep Instructions for Barium Enema

1. You will need to purchase the following:
 - a. Gatorade – one 64 oz bottle OR two 32 oz bottles. IF you are diabetic may use G-2 or Powerade Zero.
 - b. Dulcolax – 5 mg laxative tablets – small box, you will take 4 tablets total
 - c. MiraLAX – 238 gm bottle of the laxative selection
2. You may only drink clear liquids the day prior to this procedure. **NO SOLID FOODS!**
 - a. Drink a lot of fluids all day to replace what is eliminated.
 - b. **NO PUDDING, MILK, OR ICE CREAM**
 - c. ONLY tea, coffee (no creamer), juice, lemonade, Kool-Aid, chicken or beef broth, plain Jell-O, popsicles, and clear carbonated sodas are allowed

The Day Before the Procedure:

***You may eat a light breakfast** – this includes a light fat free breakfast with NO dairy products. (ex. Clear liquids, white toast, no butter)

10:00 am – Start Prep by taking 2 Dulcolax tablets with fluids

12:00 pm – Mix the entire bottle of MiraLAX into the 64oz bottle of Gatorade, or if you have two 32 oz bottles split the MiraLAX between the two. Shake until fully dissolved. Drink one 8 oz glass every 30 minutes until gone.

***Lunch** will be a light liquid meal (bouillon, clear fruit juice, and plain Jell-O) **NO SOLID FOODS OR DAIRY PRODUCTS**

2:00 pm – Take the last 2 Dulcolax tablets with fluids. You may continue fluids until midnight.

6:00 pm - **PLEASE TRY TO HAVE ALL THE MIRALAX/GATORADE MIXTURE COMPLETE.** If you feel nauseous you are trying to drink too fast.

Bowel Prep is very important to allow for the best possible exam. During the prep, using baby wipes may help ease rectal discomfort.

The Day of Procedure:

Hold all medications unless told otherwise.

On the day of your procedure, report to the following unless otherwise instructed by your physician:

University of Kansas Health Systems at
St. Francis - Radiology
785.295.8000
1700 SW 7th St., First Floor Registration
Topeka, KS 66606

Check-in Date: _____
Check-in Time: _____
KMC Gastroenterology, 785-354-8518

If you are unable to keep your appointment, please notify the office within 48 hours prior to your scheduled procedure.