



Name _____
Appointment Date _____
Appointment Time _____

Level 2, St Vincent's Hospital
20 Dalley Street
Lismore
Tel 02 6625 9300

START PREPARATION ON:

MOVIPREP KIT TO BE PURCHASED FROM CHEMIST PRIOR TO COMMENCING PREPARATION

What is a barium enema?

A barium enema is a screening study used to produce a clear xray of the large bowel (also known as the colon), and is used to help in the diagnosis of bowel problems. For this examination to be satisfactory it is very important that you follow the instructions given very carefully.

What documentation is required?

Bring your referral and any relevant previous xrays for comparison.

Also bring your Medicare card, pension or healthcare card or Veteran's Affairs card details if applicable.

What you need to tell us prior to your appointment?

You must advise us if you are being treated for glaucoma or heart failure, or have ever had a reaction to the drug Buscopan.

How long will the examination take?

The examination will take approximately 45 minutes.

What preparation is required?

Preparation takes 3 days, and includes a special low residue diet which must be followed prior to the examination. (Diet recommendations are provided on attached sheet.) Please note, if the bowel is not adequately cleansed the examination may have to be repeated.

Day 1 And 2:

Follow recommended low residue diet (attached).

Day 3 (ALL DAY):

Clear fluids only. For example:

- Water
- Clear soup
- Tea or Coffee without milk or non dairy creamer
- All of the following juices which are not coloured red or purple – fruit juices without pulp, non carbonated soft drinks, fruit flavoured cordials.
- No drinks coloured red or purple.

12 Noon Day 3

Step 1:

Make and drink first litre of the MOVIPREP (Sachet A&B) from one clear bag. Drink the first litre over one to two hours (glassful every 10-15 minutes).

Step 2:

When finished first litre, make up and drink second litre of the MOVIPREP (Sachet A&B) from the remaining clear bag. Drink this second litre over one to two hours (glassful every 10-15 minutes).

Continue drinking clear fluids only for the remainder of the day.

Day 4 (DAY OF EXAMINATION):

On the morning of the examination, nothing to eat or drink.

Diabetics should bring medication and snack for after the procedure.

1. **Diet:** You must follow a low residue diet for day 1 and day 2 prior to your xray.

This means you **must not eat any of the following:**

- Cereals or Muesli
- Nuts
- Fruit or fruit juices (strained fruit juice permissible)
- Wholemeal bread or any wholemeal products
- Icecream, cream, cooked fats (eg. Meat fat, sausages)
- Vegetables
- Gaseous drinks

Suggested diet should consist largely of the following:

- White rice
- White spaghetti
- White bread
- Lean Meat or chicken
- Tea, coffee
- Clear Soup
- Jelly
- Honey & Vegemite
- Egg (poached or boiled)
- Polyunsaturated margarine
- Skim milk
- Junket
- Fish

(see attached sheet)

2. **Fluid Intake:**

It is **extremely important** to drink at least 1-1 ½ litres of water each day. Adequate fluid intake decreases the discomfort often associated with this preparation.

3. **Medication:**

It is **extremely important** to continue taking your prescribed medication.

Suggestions for low residue diet

- **Eggs** – poached, boiled, scrambled or lightly fried, canned spaghetti preferably without cheese.
 - **Sandwiches** – suggested fillings: chicken, spaghetti, egg, vegemite or honey.
 - **Lean meat** – lamb, veal, pork with fat cut off before cooking, chicken without skin, baked, grilled, poached, steamed or microwaved.
 - Suggested sauces for meat and chicken: honeyed chicken, lemon (using strained lemon juice), apricot and white sauce using skim milk.
 - **Chicken noodle soup** – home made or store bought.
 - **All types of commercial pasta** – (not wholemeal), white rice or fragrant rice.
 - **Tomato sauce or soup.**
 - **Fish** – steamed, baked or grilled.
 - **Bread** – may be toasted.
 - **Baked rice and custard** (using skim milk).
 - **Bread and butter pudding** (using skim milk and margarine).
 - **Sao biscuits or plain sweet biscuits** (milk arrowroot or morning coffee).
 - **Cordial.**
 - **Mild herbs and spices.**
 - **Fruit juice** – clear or strained.
 - **Milk coffee or hot chocolate.**
 - **Pancakes, pikelets or plain scones** (using skim milk and white flour).
 - **Sago pudding.**
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