

# UniversityGastroenterology

MEDICINE AT ITS BEST

HILL MEDICAL BUILDING • 1000 EAST GENESEE STREET • SYRACUSE, NY 13210

## *Information for You from Your Health Care Team*

### Colon Series/Barium Enema

Your procedure has been scheduled for \_\_\_\_\_ at \_\_\_\_\_ .  
(date) (time)

Please check in at Patient Registration in the main lobby at Upstate Medical University Hospital  
at \_\_\_\_\_ .

#### Patient Preparation Instructions

The colon must be completely clean and empty. This is achieved by drinking the bowel cleansing solution as indicated below. Failure to follow these instructions could lead to an unsuccessful xray procedure that may need to be repeated.

- Clear liquids for breakfast, lunch and dinner.  
**Liquids allowed are:** water, clear fruit juices (apple, grape, cranberry), bouillon, plain Jell-O™, and popsicles.  
No Milk or Milk Products, Solid Food or Juices with Pulp.
- At 5 PM, start drinking 8 oz. of NuLYTELY solution every 10 minutes until the gallon is gone.  
This will cause you to have loose, watery diarrhea. If you become nauseated, you may leave longer intervals between the glassfuls of NuLYTELY.
- Nothing to eat or drink after Midnight except as instructed.\*\*  
**\*\*Medications:** Continue your usual medications as scheduled. You may take your medications the morning of the procedure with a small glass of water.

**If you have any questions or need to change or cancel your appointment,  
please call please call University Gastroenterology at (315) 464-1600 or (315) 464-1616.**