

Kaiser Permanente Medical Center Walnut Creek  
1425 South Main Street  
Walnut Creek, Hospital Basement  
925- 295-4798

Kaiser Permanente Medical Center Martinez  
200 Muir Road  
Martinez, Hacienda Bldg  
925-372-1105

### **Instructions for Barium Enema**

#### **This exam is performed only at Martinez and Walnut Creek Facilities**

**Pick up a Bowel Prep Kit at the Radiology Department. This is available at any Kaiser Facility at no cost. Your exam will be canceled and rescheduled if you are not prepped for this exam.**

Be prepared to spend one and a half (1 1/2) hours in the Imaging Services Department. If for any reason you have to cancel or reschedule your appointment, please call the number listed above.

You may have a charge for this examination depending on your Health Plan Coverage.

#### **Please note:**

It is important that you follow every detail of the instructions in preparing and cleansing your lower bowel. These instructions are provided in the PREP kit. You can pick up the prep kit at the Radiology Department at any Kaiser Facility at no cost. The accuracy of the diagnosis depends on how thoroughly the bowel had been cleansed.

#### **Kaiser Bowel Prep Kit #1:**

Age 16 and Over

Take as directed for 24-hour prep that starts at 8:00 AM the morning before the examination.

**Please Note:** The Kaiser Bowel Prep Kit #1, used to cleanse the lower bowel prior to the Barium Enema Examination, usually results in a moderate degree of diarrhea (multiple loose, watery bowel movements) during the afternoon and evening preceding the examination. Accordingly, it is suggested that you plan your day preceding the Barium Enema appointment in such a manner that you will not be embarrassed and there will be a lavatory readily available.

#### **POST BARIUM ENEMA INSTRUCTIONS:**

Barium examination of the colon may be constipating. Following the examination, you should drink at least eight (8) glasses of water or juices over the remainder of the day. If constipation occurs, you should contact your doctor.