

AFTER BARIUM TEST INSTRUCTIONS

For the following procedures:

- Barium Enemas
- Upper GI Series
- Small Bowel Follow Through

Barium is not absorbed or broken down by your body and is eliminated unchanged via the bowel system.

After your barium test, it is **IMPORTANT** to follow these instructions in order to prevent blockage by the barium:

- Drink plenty of fluids, at least 6-8 8 oz. glasses of water.
- Take 2 tablespoons (1 oz.) of Milk of Magnesia when you return home, followed by a second dose at bedtime on the day of the procedure.
- Contact your family doctor if you become constipated.