



## ACBE—AIR CONTRAST BARIUM ENEMA

You have been referred to the Radiology Department by your physician for evaluation of your large intestine. This examination is an important tool in assessing and excluding disease in and near the large bowel. This is a serious and important examination and your full cooperation is necessary for its success.

The following routine for cleansing of the colon is to be followed closely:

\*The prep is meant to clear your bowel and will result in diarrhea. You need to make sure you stay near a bathroom.

1. Start the prep the day before the procedure.
2. Mix the Nulytely as directed below. Shake well and refrigerate in the AM. Mix with regular, distilled, or low sodium spring water.
3. Drink clear liquids only that day. Start the Nulytely around 3 pm and drink it at a pace you can handle (over 3-4 hours). You should be done by 7 pm.
4. Have a clear liquid supper after you finish the Nulytely.
5. Water only after the clear liquid supper.
6. Nothing more to drink after midnight.
7. You will have a tap water enema before the procedure.
8. The entire study (including the enema prep) will last approximately 2 ½ hours.

### **Nulytely Mixing Instructions:**

1. Add lukewarm drinking water to the fill mark on the bottle. Do not add any other ingredients.
2. Cap the bottle securely and shake vigorously several times to ensure that the ingredients are dissolved.
3. Adults drink one 8 ounce (240 mL) cup of the solution rapidly every 10 minutes. If you start to feel too full or nauseated, stop for a short time and then continue at a slower pace. Drink the entire 4 liters.

Pediatric patients (age 6 months or greater) drink at a rate of 25 mL/kg/hour. A loose watery bowel movement should result in approximately one hour. Continue drinking until the watery stool is clear and free of solid matter. This usually requires at least 3 liters.

### **Clear liquids include the following:**

Water, clear broths, Gatorade, juices, Jello (but no red, orange, or purple), light colored soft drinks (7-Up, Sprite, Mountain Dew)

EXAM DATE: \_\_\_\_\_

EXAM TIME: \_\_\_\_\_