



INSTRUCTIONS FOR DRINKING BARIUM PRIOR TO A CT SCAN

Your upcoming CT Scan requires the use of a “contrast” material, which will coat your intestines and improve the visibility of your intestines on the CT Scan. The contrast material we will use for your exam is Barium, a very safe material which will be eliminated from your system through bowel movements.

The preparation for this exam is very important. First, you must eat no solid foods beginning 4 hours prior to your exam. Then, you must drink two bottles of barium; the first bottle 2 hours prior to the scheduled time of your exam, and the second bottle 1 hour prior to the scheduled time of your exam. You may choose to pick up your barium drinks prior to the day of your exam and drink them at home, or you may come to our office two hours prior to your exam time and drink them in our office. We will try and make you comfortable during the time that you are here and offer plenty of reading materials and water to drink.

Date/Time of Exam: _____

- 1. No food beginning 4 hours before exam (liquids only starting at _____)**
- 2. Drink 1 bottle of barium 2 hours prior to the CT Scan, at _____.**
- 3. Drink 1 bottle of barium 1 hour prior to the CT Scan, at _____.**

Note: Occasionally people can have mild diarrhea from the barium.

Any questions? Call our office, 203-453-5123.