

After Your Upper GI or Barium Enema



You should:

- Start taking any medicine you stopped taking for your bowel (gut) prep.



- Go back to eating what you usually do, but add high fiber foods such as raw fruits (apples, pears) and raw vegetables (broccoli, cauliflower).



- Drink 8 or more big glasses of water, juice, clear soda or cola to help pass the barium through your bowel.



- Take a mild laxative if you have problems with constipation (hard, dry bowel movements). All the barium needs to be passed out of your bowel because it can get hard and cause you to have very bad constipation (hard, dry bowel movements).

It is normal:

- To have mild stomach cramping or hurting for the first 24 hours (1 day) after your test.
- For your bowel movements to be a lighter color or look chalky while for the first 24 to 72 hours (1 to 3 days) after your test.



- If you are not able to move your bowels (have a bowel movement) after you have taken a mild laxative, let your health care provider know.