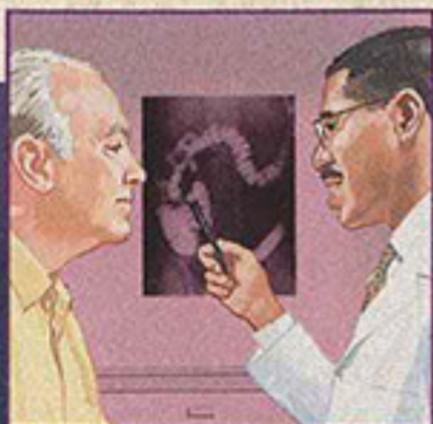


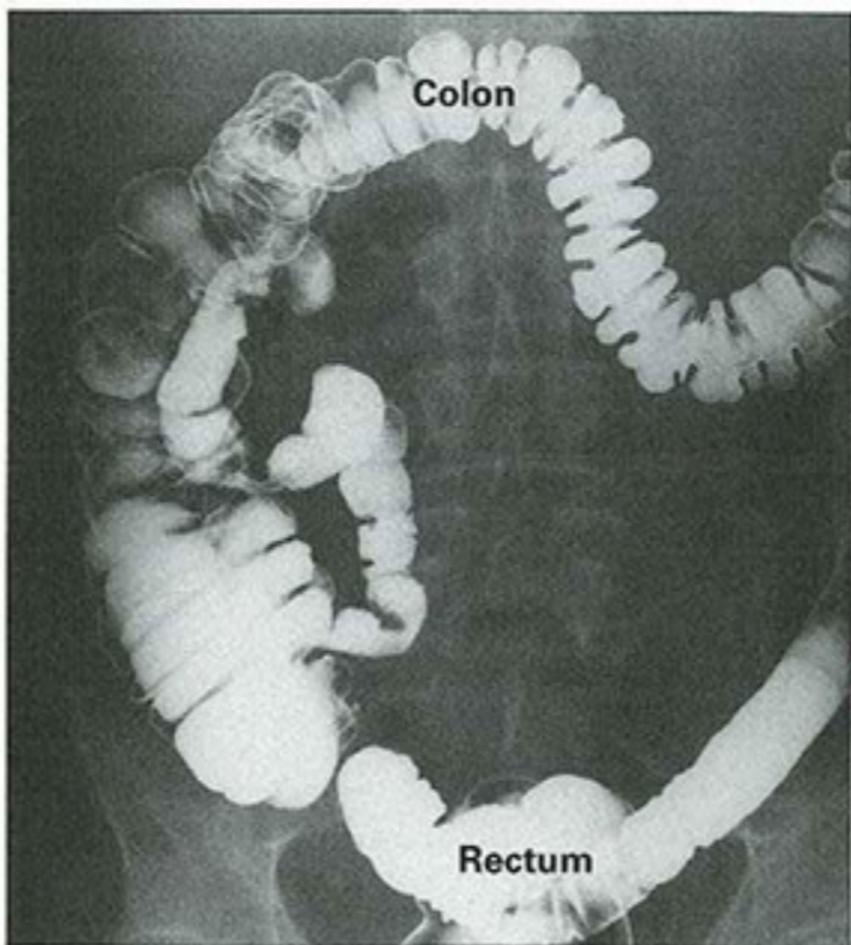
BARIUM ENEMA



A Detailed Look at Your
Lower Digestive Tract

WHAT IS A BARIUM ENEMA?

A barium enema is an x-ray exam of your rectum and colon (lower digestive tract). This test helps your doctor detect problems such as a blockage, a tumor, polyps, or other disorders. There's a small amount of radiation with a barium enema. But the benefits of this test far outweigh any risks.



X-ray of rectum and colon
(lower digestive tract)

TEST TIPS

- Follow any diet instructions you were given to prepare for the test.
- Follow instructions about using an enema, suppositories, or laxatives before the test.
- Be prepared to provide information about your overall health and any allergies you have.

NOTES:

My Appointment:

Date

Time

Place

Consultant:

Catherine M. Mills, MD,
Radiology

With contributions by:

Harriet B. Borofsky, MD,
Radiology

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for professional healthcare.

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BEFORE YOUR TEST

Prepare for your test as instructed. It may need to be canceled if you don't. You may have to switch to a liquid diet over a couple of days. On the night before the test, you'll have to stop eating completely. You also may be given instructions on how to use suppositories, laxatives, or an enema. This preparation is to clean your colon before the test. A barium enema takes about an hour. But you'll need extra time to check in.



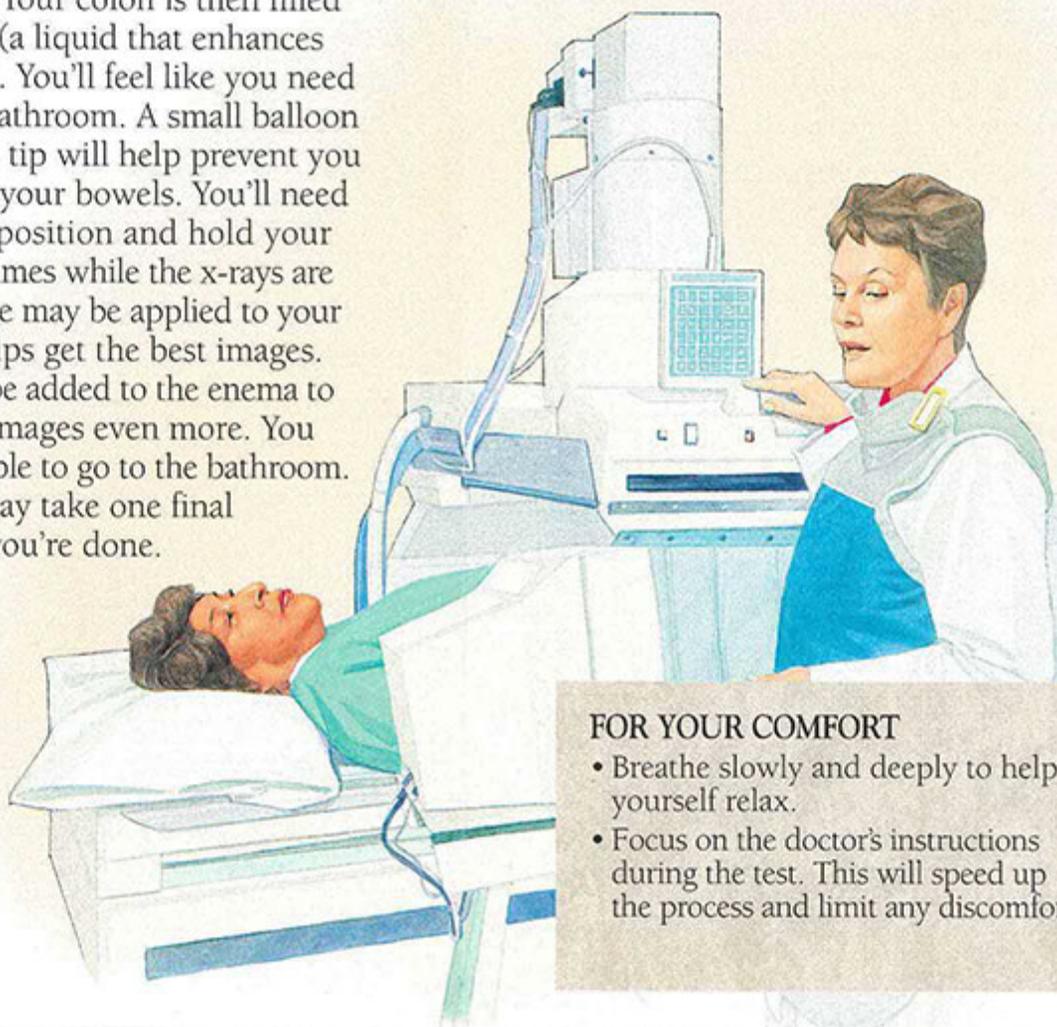
LET THE TECHNOLOGIST KNOW

For your safety, the technologist needs to know about any of the following:

- Symptoms you're having
- Allergies
- Any previous surgery
- Medications you take
- You're pregnant or think you may be
- You ate or drank before the test
- You didn't finish preparing for the test

DURING YOUR TEST

A tube (enema tip) is inserted into your rectum. Your colon is then filled with **barium** (a liquid that enhances x-ray images). You'll feel like you need to go to the bathroom. A small balloon on the enema tip will help prevent you from moving your bowels. You'll need to shift your position and hold your breath a few times while the x-rays are taken. Pressure may be applied to your belly. This helps get the best images. Air also may be added to the enema to enhance the images even more. You then will be able to go to the bathroom. The doctor may take one final x-ray before you're done.



FOR YOUR COMFORT

- Breathe slowly and deeply to help yourself relax.
- Focus on the doctor's instructions during the test. This will speed up the process and limit any discomfort.

AFTER YOUR TEST

How active you are for the rest of the day is up to you. You can get back to your normal routine and diet right away, but drink more water than usual. Water will help relieve constipation you may have after this test. Your stool may appear white or light for a day or two. Your doctor will let you know when the results are in.

