

PREPARING FOR YOUR BARIUM ENEMA

You will receive preparation instructions from your healthcare provider, but generally, you will be required to follow a mostly liquid or all-liquid diet for a specific time period preceding your exam. For a number of hours (to be determined by your healthcare provider) you will not be permitted to eat or drink anything.

Because a clean and empty lower digestive tract is essential to this examination, you may be asked to use a laxative or suppository, or to have an enema.

It is important to follow your healthcare provider's instructions very carefully.


If you are, or suspect you might be pregnant, let your healthcare provider, nurse or technologist know immediately.

Mr. Ms. Mrs.

_____ has an appointment

Monday Tuesday Wednesday
 Thursday Friday Saturday

Date _____ at _____ AM/PM

 **PROVENA**
Saint Joseph Medical Center
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REASONS TO HAVE A BARIUM ENEMA

Your healthcare provider has asked you to have this exam to evaluate your colon or lower intestine. Several of the most common reasons to undergo this test are:

- ❖ Bleeding
- ❖ Pain
- ❖ Changes in bowel habit
- ❖ Diarrhea

WHAT CAN A BARIUM ENEMA EXAM TELL MY HEALTHCARE PROVIDER?

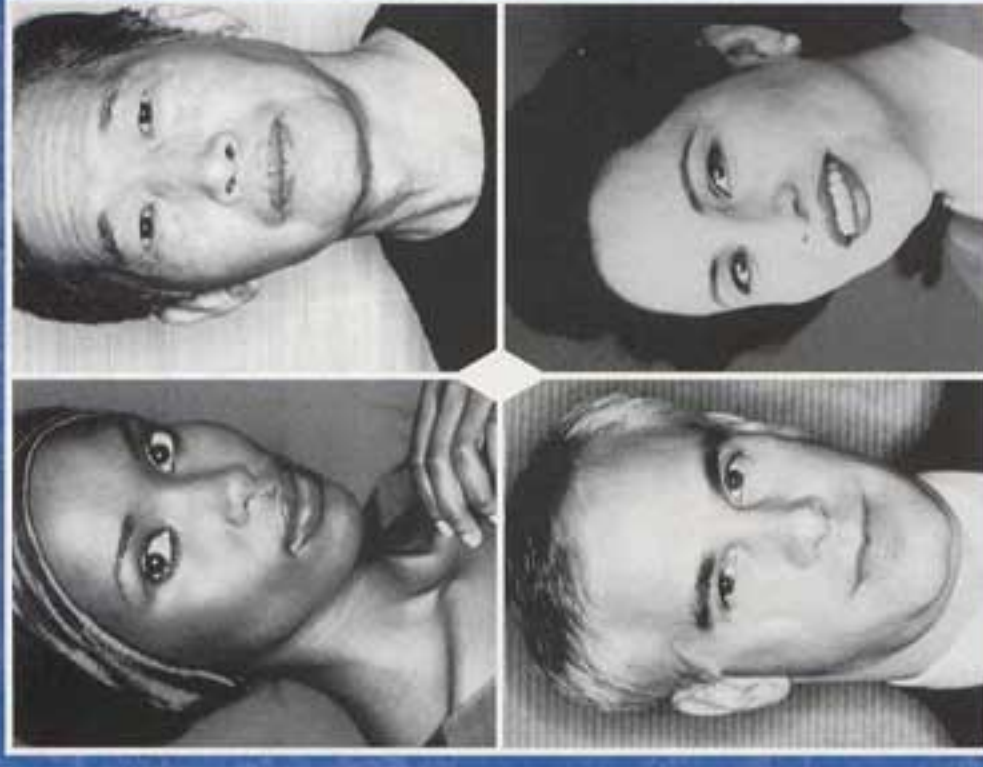
Among the many conditions that may be diagnosed from a Barium Enema are:

- ❖ Polyps
- ❖ Diverticulitis
- ❖ Inflammatory bowel disease
- ❖ Cancer

This is only a partial list and your healthcare provider may have a more specific reason for ordering this test for you. Please consult your healthcare provider if you have more specific questions as to why this test was ordered.

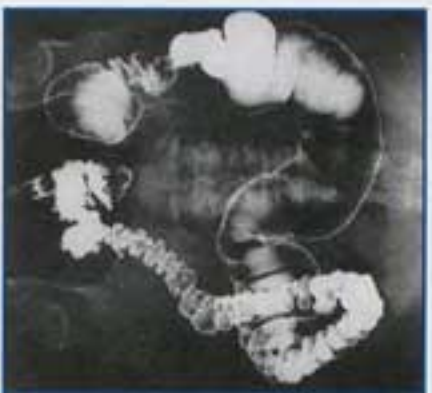
Enema

What you need to know...



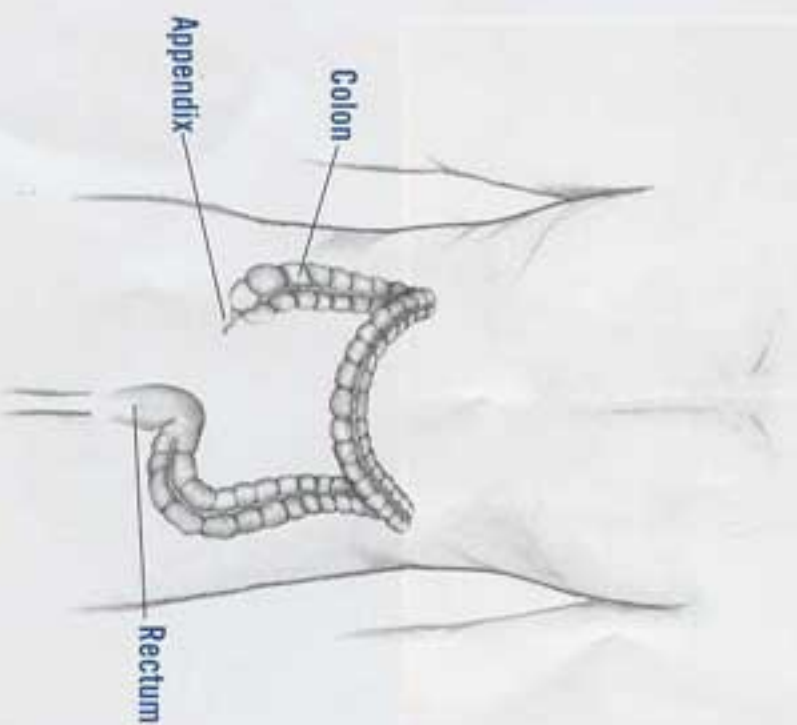
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WHAT IS A BARIUM ENEMA?



X-Ray Barium Enema

X-ray. Soft tissues and hollow organs, such as the intestine, must be "outlined" by a contrast medium to make the area to be examined visible on film.



SITE OF BARIUM ENEMA

DURING THE EXAM

After changing into a gown, you will be asked to lie on a table in the examining room near a special x-ray machine - the fluoroscope. The technologist or radiologist may ask a few simple questions before the exam begins.

You will be positioned on your side, and a technician will gently insert a specially designed enema tip into your rectum. Next, you will feel the thick, chalky barium mixture filling your colon, making you feel as though you need to have a bowel movement. It sometimes takes a bit of concentration to hold the solution long enough for the technologist or radiologist to take the necessary x-rays. Tell your examiner if you are having trouble.

Through the fluoroscope, the technologist or radiologist will watch the barium mixture outline your colon, and you may be asked to change positions. The examiner may apply pressure to your abdomen, and the table may be slanted to enhance the image of your bowel.

You will be asked to remain perfectly still and hold your breath for a few moments at a time as the permanent x-ray images are taken. You will be allowed to go to the bathroom just before the final x-rays of your empty colon are taken. In some cases, after the barium is expelled, air is used to enhance the x-ray image.

While the x-rays are checked for clarity, you will be asked to wait. If more x-rays are needed, they will be taken at that time.

AFTER THE EXAM

Your x-rays will be reviewed by the radiologist, who will forward the results to your healthcare provider. Your healthcare provider, in turn, will discuss the results with you and may recommend further testing, or suggest a treatment plan for your condition. Make sure you have a clear understanding of your test results and their impact on your health. If you have questions, feel free to ask your healthcare provider.

Most patients are able to return to a normal diet and activities immediately following the exam, however, stools may appear white for a day or so. This is caused by the barium being naturally expelled from your system.

Sometimes, an enema or laxative will be required to assist in the elimination of the barium. This compound should not be allowed to remain in the colon too long as it can become "hard" and create serious bowel problems.

