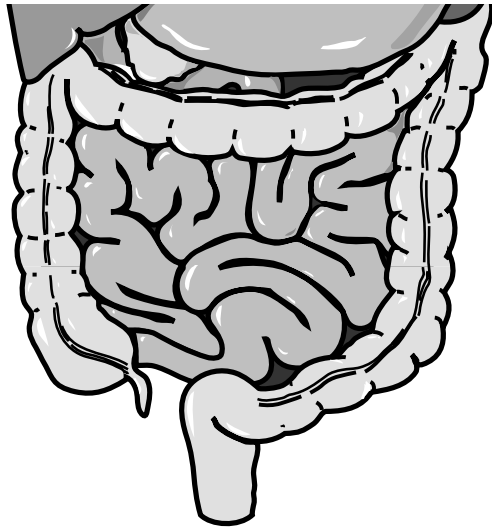


## Important



**I**f you are or might be pregnant, you should inform your own doctor. You should also bring this to the attention of the radiologist and x-ray technologist.

Patients may take all medications with a small amount of water.

If you are a diabetic, please let the Department of Medical Imaging Office know. A light breakfast is encouraged (example: tea and toast).

**T**his x-ray examination of your lower digestive tract will be done by a radiologist, who is a physician specializing in medical diagnosis by x-ray, and a technologist, who is an expert in the use of x-ray equipment.



555 St. Joseph's Boulevard • Elmira, NY 14901  
(607) 733-6541

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# **Barium Enema (B.E.)**

DEPARTMENT  
OF  
MEDICAL IMAGING



Helping You Live a Healthy Life

## HOW THE PROCEDURE WORKS

The barium enema is an examination of the colon (large bowel). When you go to the X-ray Department, the enema examination will be given under the direction of a doctor who specializes in this type of diagnosis (a radiologist). The radiologist and technologist will take a series of X-rays.

For your own comfort during the exam and for the best accuracy, it is important that the bowel be thoroughly cleansed. The principal components of adequate cleansing include a clear liquid diet and laxatives. Be sure to adhere to the following instructions.

### BARIUM ENEMA PREPARATION

1. Liquid diet two days prior to exam — force fluids.
2. Castor oil, 2 oz., 4:00 p.m. day prior to exam.
3. 8 p.m. insert 2 Dulcolax suppositories.
4. Light breakfast is permissible (example: tea or coffee, toast with jelly, juice).

Liquid diet consists of bouillon, broth, fruit juice, and plain jello. No dairy products (milk, cheese or cream).

If you have any questions or if oral fluids have been restricted by your doctor, please call the Radiology Department. The entire examination is usually completed in less than a half hour and the results forwarded to your doctor the same day.

### WHAT HAPPENS DURING A BARIUM ENEMA

For this examination, you will be asked to wear a hospital gown. You will be asked to remove your undergarments and jewelry because metal buttons, snaps and elastic will show up in the X-ray films.

As you lie on your side, 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.

After the radiologist has taken x-rays of selected areas, the technologist will use another piece of equipment to take x-rays of your entire colon. Then you will be allowed

to go to the bathroom and expel the barium, after which an x-ray is taken of your empty colon.

Don't be alarmed if you find some whitish material in your stools for a few days after the exam. This is merely the remaining barium. If you are constipated, a mild laxative will help you get rid of the barium. Drink plenty of fluids. You may resume your regular diet immediately after the examination, unless otherwise instructed by your doctor.

Follow the diet and preparation instructions to the left very carefully. During the examination relax and follow instructions. It is particularly important not to expel the enema while on the x-ray table. Also, hold your breath when you are asked to.

We ask that you report to the Out Patient Department, located by the Emergency Department, at least 15 minutes prior to your appointment time. Then proceed to the Radiology Department to present your physician's order. The examination itself usually takes 60 to 90 minutes. It is wise, though, to allow more time for your entire visit.

If you have any questions, feel free to contact us at 737-7813, and ask to speak with someone regarding your exam.