

Department: Radiology	Section: All	Effective Date:
Procedure Number: 6.3.1		Revision:



Louisiana State University
Health Sciences Center -Shreveport
Department of Radiology

Barium Enema

Introduction

The barium enema test demonstrates your large bowel (colon). This test is performed when patients have a change in bowel habits, have abdominal pain, rectal bleeding, or if your doctor believes that you may have polyps.

Patient Preparation

For the barium enema test to be completed, your intestines must be completely empty. You will be asked to follow a restricted diet for two days before your test. This may include a light diet 2 days before and a clear liquid diet the day before the test. Older patients who are weak and children should drink Ensure® during this preparation. You also will be required to take laxatives the evening before the test. You will also be asked to not eat or drink anything after midnight the night before the exam; however you can continue to take your regular medicine. Your doctor will give you instructions which you must follow closely. Any feces left in your colon will show up on the x ray and could be mistaken for something abnormal in the colon.

Before your barium enema, the x ray tech will explain the test to you and answer any questions you might have. The x ray tech will determine the amount of radiation necessary to produce images for the doctor.

Also before beginning your test, the x ray tech will give you a hospital gown to wear. This gown has no metal snaps on it, because metal can show up on the x ray. It is very important that everything underneath the gown be removed, including jewelry and underwear.

Patients who are pregnant or may be pregnant should not take this test. If you are a woman of childbearing age, you will be asked if there is a possibility that you are pregnant. It is important that you tell the x ray tech the date of your last menstrual period and whether there is a chance that you may be pregnant.

Before the examination the radiologist will give you an intramuscular injection of GlucaGen (glucagon). This drug is used to slow down the actions of your bowel and will not make you dizzy or lightheaded. If you are a diabetic or allergic to GlucaGen, please tell the x ray tech or the radiologist before the injection.

Department: Radiology	Section: All	Effective Date:
Procedure Number: 6.3.1		Revision:

During the Exam

Inside the x-ray room, you will be asked to lie down on a tilting table attached to a TV monitor to view your study. The radiologist will put a tube in your rectum and begin the test. The liquid barium will begin to flow through the enema tip, a little at a time. Barium is a special liquid that allows your intestinal tract to be seen on an x-ray. It coats the walls of your intestinal tract and allows the doctor to see your various organs on the TV screen. During this time, while the barium is flowing, the radiologist will take images.

After the barium has been administered, the radiologist will pump air into your colon. This test is called an air-contrast or double-contrast barium enema. The air will be inserted through the same enema tip as the barium. During this procedure, you may have some cramping or bloating but not pain. It is very important to not expel the air or the barium. The barium used in these tests is thick so that it clings to the wall of the colon and allows the x-ray tech and radiologist to get some good images.

You may be asked to hold your breath and be still during the exam. Once the radiologist has taken the images, the enema tip will be removed and you will be taken to the restroom to evacuate the enema.

Once the test is over, the x-ray tech will send all of your images to the radiologist for review.

Post-Examination Information

After your x-ray images have been checked by the radiologist, your personal physician will receive a report of the test. Your physician will then tell you the results and discuss with you what further tests, if any, are needed.

You should increase your water intake in the days after your test unless your primary doctor advises against doing so. The barium may make your stools white in color for a few days. This is normal. If you are constipated after your test, tell your doctor. You may be required to take a laxative.

The radiation that you are exposed to during this test passes through you immediately. You are not "radioactive" and it is not necessary to take any special precautions after your test.

PLEASE REMEMBER THAT THE READING HERE IS FOR INFORMATIONAL PURPOSES ONLY. IF YOU HAVE QUESTIONS ABOUT AN X-RAY PROCEDURE, CALL YOUR PHYSICIAN OR THE X-RAY DEPARTMENT (318-675-6200 OR 318675-6201) WHERE YOUR TEST WILL BE PERFORMED.

Department: Radiology	Section: All	Effective Date:
Procedure Number: 6.3.1		Revision:

Outpatient Instructions for Cleaning Your Large Colon (Large Bowel) for a Barium Enema

_____ you are to come to the hospital for a barium enema
on _____, _____ at _____ a.m.

Start these instructions **2 DAYS BEFORE THE EXAMINATION** on _____



8:00 AM Eat a light meal with clear liquids.



12:00 Noon Eat a light meal with clear liquids.



6:00 PM Eat a light meal with clear liquids.

CLEAR LIQUIDS includes:

Strained fruit juices without pulp, water, clear broth or bouillon, soft drinks, and coffee or tea (without milk or non-dairy creamer)

NOT colored red or purple: Gatorade, carbonated and noncarbonated soft drinks, Kool-Aid (or other fruit flavored drinks). Ice popsicles

LIGHT MEAL includes:

Clear soups (fat free). Small portions of skinless chicken or turkey, fish, white bread (no butter) and plain gelatin without toppings.

DO NOT EAT:

Vegetables, fruits, nuts, fats, butter, milk, cheese, beef, pork, lamb, or whole grain cereals.

Department: Radiology	Section: All	Effective Date:
Procedure Number: 6.3.1		Revision:

DAY BEFORE THE EXAMINATION on _____

ALL DAY



Do not eat any solid food (except plain gelatin). Drink only clear liquids.

9:00 A.M.



Drink a large 8 oz. glass of water (or soft drink occasionally) every two hours from 9:00 a.m. to 9:00 p.m. Circle the following hours as you drink your fluid.

9 11 1 3 5 7 9

5:00 P.M.



Drink one bottle of liquid Lo-So Prep (Magnesium Citrate) or Fleet Phospho Soda Solution.

7:00 P.M.



Take all 4 Bisacodyl whole tablets with a full glass of water.

10:00 P.M.



Take nothing by mouth. Do not eat or drink anything until after your examination.

Approximately 1 hour before leaving home for your test, use the Bisacodyl Suppository. Lie on your side, insert suppository well up into your rectum. Push suppository in gently as far as possible. Retain the suppository for at least 15 minutes, if possible, before evacuating, even if the urge is strong.

REMEMBER: Your appointment is _____ A.M.

If you have any questions, please call the X-Ray Department as soon as possible. Call (318) 675-6200 between the hours of 7:00 a.m. and 4:00 p.m., Monday through Friday.

If you miss your appointment, please call the clinic that scheduled your exam.