

Barium Enema / Water Soluble Contrast Enema

Barium Enema procedure is a specialized X-ray procedure of the large bowel. It involves the introduction of a contrast medium (usually barium-based liquid) through the anus and rectum to render the large intestines visible on X-ray images. A water-soluble contrast medium may be used depending on the indication of the study.

What to Expect During the Procedure

- You will be asked to change into a hospital gown. A locker will be provided for your convenience.
- An intravenous cannula may be inserted into one of the veins in your hand/arm and an injection may be given through it to help relax your colon just before the procedure. Alternatively, an intramuscular injection may be administered for the same purpose.
- You will be asked to lie on your left side on the X-ray couch, and a well lubricated soft tube will be gently inserted into your rectum.
- A Barium based liquid will be slowly introduced through this tube. Air will then be slowly introduced via the same tube to adequately distend your colon. This may cause slight discomfort and a sensation of bloatedness. It is important that you try to retain the barium mixture and air until the end of the procedure to ensure adequate images are obtained.

- You will be asked to roll into different positions and the table will be slightly tipped to get different views. You may be asked to hold your breath for several seconds during image acquisition. This will assist in securing clear images.

The entire procedure takes about 60 minutes.

After the Procedure

- While most of the barium liquid will be drained out before the tube is removed, you are encouraged to go to the toilet after the procedure.
- To prevent constipation, you are advised to drink plenty of water, and take fruits and vegetables.
- You can expect your faeces to be white in colour for a few days after the procedure due to residual barium in your bowel.
- You may feel some cramping discomfort after the procedure when the muscle relaxant wears out and the colon starts to contract.
- You are advised not to drive on the day of your procedure as the injection given may cause temporary blurring of vision for some patients.

What are the Risks

Barium Enema is generally a very safe procedure, but as with any medical procedure, complications such as perforation (a tear or a hole in the intestine) and allergic reactions to the contrast agent may occur. These risks are low and all necessary precautions are taken to minimize them.

Should you have any queries or require further clarifications, please contact:

National University Hospital

Department of Diagnostic Imaging

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**Your Barium Enema / Water Soluble
Contrast Enema Appointment**

National University Hospital



Department of Diagnostic Imaging

Main Building, Level 2

Patient Particulars:

Appointment Date/Time:

Estimated Fees:

Note:

- Please do not bring valuables or excess cash with you. Patients and visitors are responsible for your personal belongings.
- No medical certificate will be issued for this appointment. Time chit will be given upon request.

Please arrive at least 15 mins before your appointment to register and prepare for the procedure.

We appreciate your understanding should an unforeseen delay occur due to medical exigencies.

Kindly inform us if you are unable to keep to the scheduled appointment.

Preparation Instructions for Patient

(Staff to the appropriate boxes)

IMPORTANT REMINDERS

3 days before Procedure: (date) _____

- Take low residue diet.
- Foods that may be consumed during this period are lean meat, steamed fish, boiled rice and boiled potato.
- Foods to AVOID are vegetables, brown bread and fruits.

2 days before Procedure: (date) _____

- Take **2 tablets of Dulcolax** after dinner.
- Drink at least 1.5 to 2 litres (6 – 8 cups) of water throughout the day.

1 day before Procedure: (date) _____

- At 8pm, take the laxative solution with plenty of water.
- Take another 2 tablets of Dulcolax at 10pm.
- Drink at least 1.5 to 2 litres (6 – 8 cups) of water throughout the day.

On the day of Procedure: (date) _____

- Insert the suppository into your rectum at 7am.
- You are allowed to drink small amount of plain water for consumption of medication only.
- For fasting diabetic patients, please stop all diabetic medications (including insulin injections) on the day of scan.
- Please empty your bladder before the procedure.
- **Please fast** according to the stipulated timings below:

Duration of fast	Age Range
<input type="checkbox"/> Omit last feed	▪ < 1 year old
<input type="checkbox"/> 4 hours Fasting start time: _____	▪ 1 – 10 years old
<input type="checkbox"/> 6 hours Fasting start time: _____	▪ > 10 years old

**If appointment time is changed, please adjust fasting start time accordingly.*

- Avoid smoking on: (date) _____
- Other special instructions: _____

IMPORTANT REMINDERS

- Please inform us before your appointment date if you are allergic to buscopan or glucagon.
- Please inform us if you have glaucoma (high pressures in the eye), prostate problems or heart disease.
- Please inform us if you have had any previous surgeries.
- Do inform your doctor if you are or suspect that you may be pregnant.
- Abstain from smoking 6 hours before the procedure to minimize mucosal secretions that would prevent the contrast from adequately coating the colon.

Please bring this leaflet on the day of your appointment

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The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment, or if you have any questions related to your health, physical fitness or medical condition.

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