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- > caring, helpful and professional staff
- > state-of-the-art diagnostic equipment
- > over 60 specialist radiologists, trained to provide you with accurate and reliable results
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You can now request an appointment online via our website and our staff will call you back to confirm your appointment, please visit our website:

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An appointment has been made for you

Clinic _____

Address _____

Phone _____

Time _____

Date _____



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A GUIDE FOR PATIENTS

Barium Enema

For information regarding your appointment,
please see the back of this leaflet.

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What is a Barium Enema?

A barium enema is an investigation of the large bowel.

Before the Barium Enema

It is extremely important that your large intestine (colon) is completely clean so that the Radiologist may have a clear view. At the time of booking the examination staff will tell you when the examination is to be performed and explain the necessary dietary requirements.

The instructions you are asked to follow and the laxatives to be taken are to clear the large intestine (colon) of faecal material. The presence of such material may appear similar to a tumour or polyp (growth) in the intestine and if a large amount of faeces is present the examination may be inconclusive.

Preparation

Before the barium enema, the diet is restricted to enable the bowel to be completely cleared of residue. Please contact our clinic to **arrange your preparation** and appointment time.

Two days before examination

You must stop eating all fruits including fruit yoghurts, nuts and any food that may contain fruit.

One day before the examination

No solid foods, no milk or milk products allowed. Drink only *approved clear liquids for breakfast, lunch and dinner.

How long will the procedure take?

The whole examination usually takes approximately 30 mins.

First dose

5.00pm. Mix sachet of ColonLYTELY with 1 litre of water. Over the next hour or so, drink a glassful of this solution every 10 to 15 minutes. If you feel nauseated or bloated, slow down and drink a glassful every 20 minutes, until the litre has been completed. You should have loose motions within 1 to 3 hours.

Second dose

6.00pm. Add the entire contents of ONE sachet of PICOLAX into a glassful (approximately 120mls) of chilled water. Stir until the effervescence (bubbles) ceases. Drink the mixture gradually and completely. This may be followed by many glassfuls of water or *approved clear fluids as desired in order to satisfy your thirst.

Third dose

7.00pm. Add the entire contents of ONE sachet of PICOLAX into a glassful (approximately 120mls) of chilled water. Stir until the effervescence ceases. Drink the mixture gradually and completely.

This can be followed by as many glassfuls of water or *approved clear fluids as desired in order to satisfy thirst.

This preparation may cause multiple bowel motions and usually induces frequent loose bowel movements within 3 hours of taking a dose. Please remain within easy reach of toilet facilities. Some intestinal cramping is normal.

Drink only *approved clear fluids for dinner.

Day of examination

Morning Procedure - From midnight sips of clear fluid can be taken to quench thirst.

*Approved clear fluids:

Water, clear fruit juices (apple), jelly, black tea or coffee (no milk), Bonox, Lucozade, barley sugar, fruit cordials, clear broth or clear bouillon.

Individual responses to laxatives may vary.



Procedure

During the Barium Enema you will be asked to lie on the x-ray table and a soft flexible lubricated enema tube is inserted into your back passage by the nurse and strapped into place with tape.

The barium is then run slowly into the large bowel and the specialist (Radiologist) watches the passage of the barium on a special viewing screen.

Often a small injection will be given into one of the veins of your arm to help relax your bowel. This may cause temporary blurring of vision. You should not drive a car until your vision has returned to normal. Please inform the nurses and/or doctor if you suffer from glaucoma or heart disease.

Barium is initially run in and then air is added and this causes a "bubbling" sensation in your abdomen. It is important to retain the barium and air until the end of the examination. You will be placed in different positions on the x-ray table and x-ray images will be taken of the large bowel.

After the Barium Enema

Barium passes quickly through the large bowel and drinking plenty of fluids will help its passage through the colon to remove it. You will be given a mild laxative to take home with you to overcome the possible constipating effect of the barium. Your bowel actions may be white for some days following the procedure.