

2013

Barium Enema X-ray



Barium Enema X-ray

This pamphlet will help you learn about your X-ray. Your doctor wants you to have an X-ray of your large bowel (colon).

How do I get ready?

- These instructions (also called a ‘preparation’) are only for adults and children over 16.
- If you are taking pills and/or insulin for diabetes, check with your family doctor about this test. You may need some special instructions about taking these medications before your test. Bring your blood testing equipment to the hospital with you.
- Follow the instructions exactly. Take only the medication, food, and water as outlined.
- Check off each step in the preparation list as completed. Bring this pamphlet with you when you come in for your X-ray.
- Come to the X-ray Department 15 minutes before your appointment. Keep in mind that parking is limited at the Victoria General (VG) site.

Barium enema preparation (with Pico Salax®)

Buy 1 box of Pico Salax® (contains 2 sachets) from your pharmacy.

Day before exam

Lunch: 12 noon - Eat only the following:

- 1 cup bouillon soup with crackers
- 1 white chicken meat sandwich (no butter, lettuce or other ingredients)
- ½ glass of clear apple or grape juice
- 1 serving plain Jell-O (no cream, fruit or other ingredients)
- 1 glass of skim or non-fat dry milk

1 pm - Drink one full glass of water

3 pm - Drink another full glass of water

4 pm - Take first sachet of Pico Salax®: Empty into 150 mLs (5 ounces) of cold water. Stir for 2-3 minutes until completely dissolved before drinking

4-8 pm - Drink 4-6 glasses of water

Supper: 5 pm - Eat only the following:

- 1 cup bouillon soup
- 1 glass of clear apple or grape juice
- 1 serving plain Jell-O (no cream, fruit or other ingredients)

8 pm - Take 2nd sachet of Pico Salax®: follow instructions above for first sachet (at 4 pm)

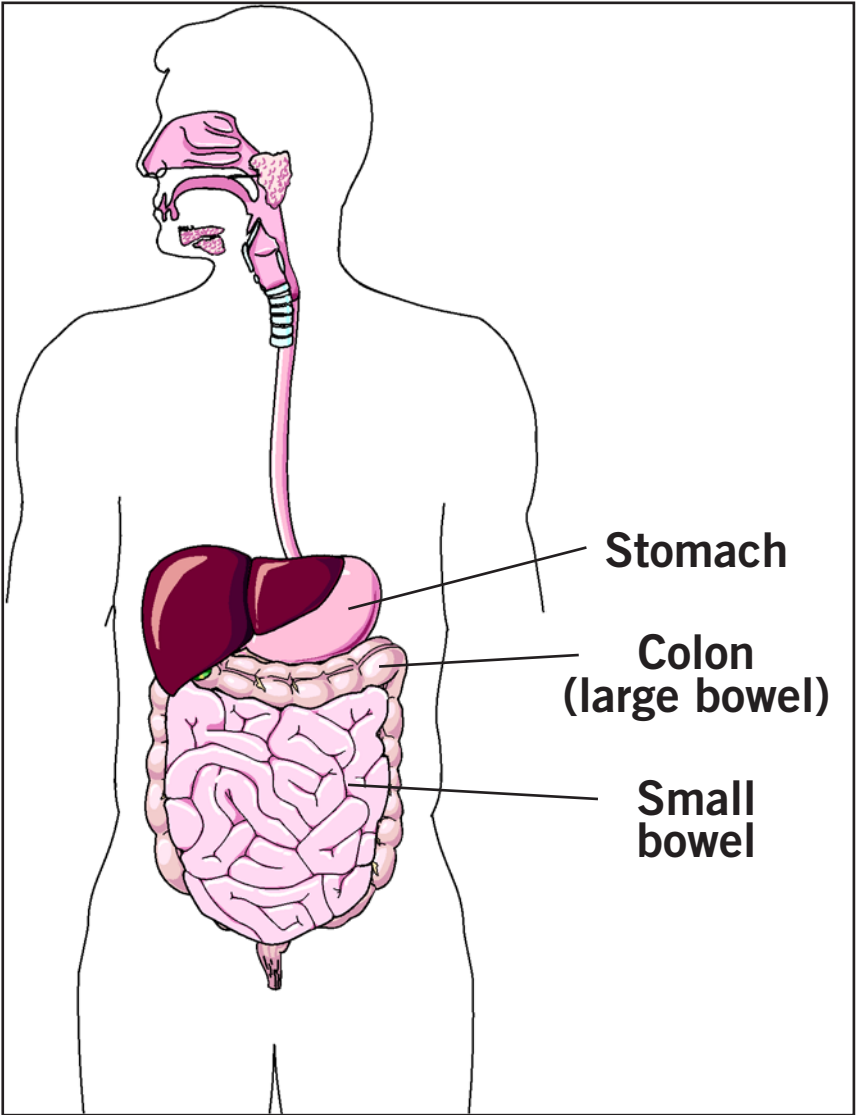
8 pm-12 midnight - Drink 4 – 6 glasses of water

Day of exam

7 am - Drink a glass of clear fluid. If your appointment is in the afternoon you may eat a plain piece of toast in the morning. You can drink clear fluids until the appointment time.

What happens during the test?

- Once in the X-ray room, an abdominal film (picture) will be taken to see if your bowel is empty.
- The radiologist and technologist will ask you about your recent medical history. They will be most interested in any digestive (stomach or bowel) problems you are having.
- The test is like an enema except barium is used to show the bowel under fluoroscopy (X-rays).
- The radiologist controls the barium. He/she will ask you to turn from side to side as films (pictures) are taken.
- When the bowel is full, the technologist will take more films.
- Some of the barium is drained out and additional films are taken.
- The entire study takes only 5 - 15 minutes. Then you may go the bathroom and expel the barium.
- This examination is not painful. You may return to your usual diet right away.



What happens after the test?

- You may notice that your bowel movements are white for a couple of days.
- Drinking extra fluids may help you pass the barium.
- Talk to your family doctor if your bowels have not moved for a couple of days after the test.
- Your doctor will discuss the test results with you.

We will try to not keep you waiting for your test. Sometimes it is unavoidable. Our service is usually very busy, so we appreciate your patience if there are delays.

If you have any questions, feel free to ask.

If you can't keep your appointment, please call the location your appointment is with so that another patient can have your time slot:

(902) 473-3618 QEII and Dartmouth General
(902) 869-6102 Cobequid Community Health Centre
(902) 792-2076 Hants Community Hospital

