



## Barium Enema

### What is a barium enema?

A barium enema is a screening study used to produce a clear xray of the large bowel (also known as the colon), and is used to help in the diagnosis of bowel problems. For this examination to be satisfactory it is very important that you follow the instructions given very carefully.

### Why do I need a barium enema?

To help diagnose bowel problems.

### What preparation is required?

Preparation takes 3 days, and includes a special low residue diet which must be followed prior to the examination. (Diet recommendations are provided below.) Please note, if the bowel is not adequately cleansed the examination may have to be repeated

***\*\*Please see Large Bowel preparation/diet sheet\*\****

### What documentation is required?

Bring your referral and any relevant previous xrays for comparison. Also bring your Medicare card, pension or healthcare card or Veteran's Affairs card details if applicable.

### What you need to tell us prior to your appointment?

At the time of arranging your appointment, please advise us if you have diabetes - we need to know such detail prior to your appointment. You must also advise us if you are being treated for glaucoma or heart failure, or have ever had a reaction to the drug Buscopan.

Also, please advise us if you are pregnant.

### What will happen during the examination?

Prior to the examination you will be asked to change into a gown, and then directed to lie on an xray table. A small, flexible, lubricated tube will be placed into your rectum.

An injection of Buscopan may then be given to relax the colon to reduce discomfort and improve the image quality. This injection may cause temporary blurring of vision, and if this is the case you should not drive a car until your vision has returned to normal.

### What will happen during the examination? Cont...

A white barium mixture and then air is passed into the bowel via this tubing. The air is used to help the barium fluid flow around the bowel, and you may feel a "bubbling" sensation.

You will be asked to roll into a variety of positions to make sure that your bowel is well coated with the mixture which will assist in getting clear xray images. It is important to retain the barium mixture and air until the end of the examination. You may be asked to hold your breath for several seconds to assist in the securing of clear images.

### How long will the examination take?

The examination will take approximately 60 minutes.

### What can you expect after your examination?

Once the examination is complete, most of the fluid and air is drained away before the tube is removed. You will be able to go to the toilet before dressing.

There should be no ill effects after the examination although your bowel motions may well be white for some days, or cramping discomfort may be experienced for a short period of time. Drink lots of fluids and have a high fibre diet for 2 to 3 days to flush the barium out of your large bowel, otherwise it may cause constipation.

### Are there any risks?

You will receive a dose of x-ray radiation. The benefits of detecting disease are believed to outweigh any potential risks from receiving such a dose.

Please, however, advise the radiographer if you are, or think you may be, pregnant.

### What happens with the images and report?

After your examination you may be given a copy of the most pertinent images from your study. A report will be provided directly to your referring doctor. We will store digital copies of all studies and reports on our secure patient information system for comparison with any future examinations.

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## Large Bowel Preparation/Diet

### MOVIPREP KIT TO BE PURCHASED FROM CHEMIST PRIOR TO COMMENCING PREPARATION

#### Time Line

Day 1 - Commence low residue diet and plenty of fluids.

Day 2 - Continue low residue diet and plenty of fluids.

Day 3 (ALL DAY) - Clear fluids only. For example:

- Water/Clear soup
- Tea or Coffee without milk or non dairy creamer
- All of the following juices which are not coloured red or purple – fruit juices without pulp, non carbonated soft drinks, fruit flavoured cordials. (No drinks coloured red or purple).

#### 12 Noon Day 3

Step 1:

Make and drink first litre of the MOVIPREP (Sachet A&B) from one clear bag. Drink the first litre over one to two hours (glassful every 10-15 minutes).

Step 2:

When finished first litre, make up and drink second litre of the MOVIPREP (Sachet A&B) from the remaining clear bag. Drink this second litre over one to two hours (glassful every 10-15 minutes). Continue drinking clear fluids only for the remainder of the day.

Day 4 - Day of the examination.

On the morning of the examination, have nothing to eat or drink. Diabetics should bring medication and a snack for after the procedure

#### Low residue diet:

Food Group	Allowed	Not Allowed
<b>Carbohydrates</b>	White rice, white spaghetti, white bread	Whole meal bread or whole meal products, cereals or muesli
<b>Vegetables</b>	None	All
<b>Fruit</b>	None	All
<b>Dairy</b>	Polyunsaturated margarine, skim milk (limited 2 cups per day)	Whole milk/cream or foods made with them, eg. Cheese, yoghurt
<b>Protein</b>	Lean meat or chicken, eggs, fish	Nuts, seeds, processed meat
<b>Desserts</b>	Jelly, junket, pancakes, pikelets, plain scones	Ice cream
<b>Beverages</b>	Water, tea, coffee, clear soup, strained fruit juice (no pulp), fruit flavoured cordial	Carbonated drinks, any drinks coloured red and purple.
<b>Miscellaneous</b>	Honey, vegemite, mild herbs/spices	

#### Fluid Intake:

It is **extremely important** to drink at least 1-1 ½ litres of water each day. Adequate fluid intake decreases the discomfort often associated with this preparation.

#### Medication:

It is **extremely important** to continue taking your prescribed medication.

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