

Barium Enema Exam

A Barium Enema is an [x-ray](http://www.radiologyinfo.org/en/glossary/glossary1.cfm?Term=x-ray) examination of the large intestine, also known as the colon. This includes the right or ascending colon, the transverse colon, the left or descending colon and the [rectum](http://www.radiologyinfo.org/en/glossary/glossary1.cfm?Term=rectum). The [appendix](http://www.radiologyinfo.org/en/glossary/glossary1.cfm?Term=appendix) and a portion of the small intestine may also be included.

Patient Safety Tips Prior to a diagnostic exam in Radiology

* If you are pregnant or may be pregnant, please tell your doctor or technologist.
* Please leave your valuables at home or in your room in the hospital.
* Please let us now if you need interpreting services, this can be arranged for you.

Preparation for the exam

* On the day preceding the exam, **do not eat any solid foods**.
* Please follow a clear liquid diet the entire day before you exam. Clear liquids include:
	+ Clear juices without pulp (apple, white grape, lemonade, white cranberry)
	+ Water
	+ Clear broth or bouillon
	+ Coffee or tea (without milk or non-dairy creamer)
	+ All of the following that are NOT RED OR PURPLE:
		- Gatorade
		- Carbonated and non-carbonated soft drinks
		- Plain Jell-O
		- Ice popsicles
* At 12 noon of the day preceding the exam, take **one bottle of Magnesium Citrate**.
* In the evening of the day preceding the exam, take **4 Dulcolax tablets** with water.
* Please arrive 15 minutes before the scheduled exam time.

During the exam

* The technologist will verify your identification and exam requested.
* You will have the opportunity to ask the technologists questions.
* The duration of the exam will vary, but the average is about 60 minutes.
* The technologist will position you on the exam table, and give you instructions.
* The technologist will insert a lubricated enema tip into your rectum. Liquid barium will flow into the rectum. The radiologist will ask you to turn from side to side.
* In certain situations, the radiologist may introduce air along with the barium solution.
* If you feel uncomfortable, you should tell the technologist or radiologist.

After the exam

* You may go to the toilet facilities to expel the barium. The barium will make your stools white for a few days.
* If you are going home, you may resume normal activities.
* Drink plenty of fluids in the days following the exam.
* If you experience constipation after the exam, tell your doctor.

Appointment Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Appointment Time \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_