

Radiology Imaging Services

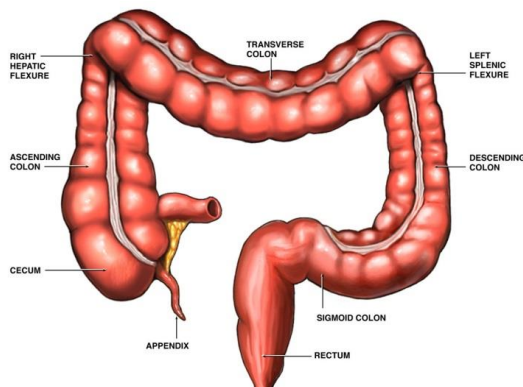
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What is a contrast enema?

A contrast enema (sometimes called a barium enema) examines the large intestines called the colon.

- We place a soft tube into the rectum.
- Fluid called “contrast” flows slowly by gravity into the colon.
- The contrast enema procedure takes about 45 to 60 minutes.

Contrast	Liquid you can see on X-ray pictures.
Enema	Filling colon with liquid through the rectum.
Large intestine (colon)	Lower part of intestinal tract that absorbs water, minerals, & vitamins. Bowel movements form
Rectum	Opening where bowel movements leave body.
Foley or enema tip	Small soft tube placed in rectum. Allows contrast to flow into the intestines.
Radiologist	Doctor specializing in radiology exams and analysis.



How we do a contrast enema

A technologist will meet with you. We will ask about your child’s medical history, tell you about the procedure, and answer your questions.

Your child will:

- Put on a hospital gown.
- Lie on a firm bed in a dimly lit room.
- Lie on their stomach.

We place a soft tube gently into the rectum.

- Your child can help relax their muscles by taking big deep breaths (like blowing up a balloon).
- Placing the tube takes only a few minutes.
- Your child may feel like they need to go to the bathroom.

Our technologist will place a little tape across your child’s buttocks. This helps to keep the tube from slipping out.

A Radiologist uses a special camera called a “fluoroscope” to take pictures.

We connect a bag of liquid called contrast to the tube.

- Contrast flows slowly into the colon.
- The radiologist can see the large intestines filling on the X-ray pictures.
- Contrast may cause a full feeling and a few stomach cramps. This is a normal feeling. Taking slow deep breaths helps.
- Sometimes the Radiologist will ask your child to roll from side to side or from their back to their stomach. This helps us get different pictures of the intestines.

The technologist will remove the enema tube after taking all the pictures. Your child can then go to the bathroom.

After going to the bathroom, any cramping will usually stop.

Will my child be sedated?

No. There is a little discomfort when we place the soft tube, but this only takes a few minutes.

Our technologist or child life specialist will use different ways to help your child relax.

Helping your child understand

A Child Life Specialist may be available to explain the procedure to your child. They use special words, toys, and games developed for each age group. This helps children better understand what happens during the exam.

Child Life also helps children to relax and cope by using comforting stories and calming exercises.

Please let us know if you or your family, would like to visit with a Child Life Specialist. You can call the Child Life Department if you have any questions or concerns at: 682-885-2677.

Special instructions

1. Please report to Patient Registration at your child's scheduled **arrival** time.
2. Your child can usually eat and drink as usual before the procedure.
3. A parent/guardian may stay in the room during the procedure.
4. Expectant mothers may not be in the scan room during the procedure.
5. Please do not bring other children. Your child will need all of your attention.
6. We will ask you about your child's medicines and allergies.
7. If your daughter is 10 years or older, we will need to complete a pregnancy screening and possibly do a pregnancy test.

If you are unable to keep your child's appointment please call us as soon as possible.

After the barium enema

- Your child may eat and drink as usual.
- Your child may return to normal activities.
- It is important for your child to drink plenty of fluids such as water and juices.
- The first few bowel movements may be watery or loose.

A radiologist will read the exam and send the results to your child's doctor. Your child's doctor will review the results. Their office will share the results with you.

My notes

These instructions are only general guidelines. Your doctor may give you special instructions. If you have questions or concerns, please call your doctor.

