

BARIUM ENEMA

Patient Information



What is Barium Enema?

Barium enema is an X-ray procedure of the large intestine (colon) used to detect changes or abnormalities in the colon. This procedure is also known as colon X-ray. In this procedure, a contrast media, barium sulphate is used to see the large intestine on X-ray images clearly.

How do I prepare for the procedure?

- You will be required to take prescribed laxatives two days before the procedure.

Day-1: At 6:00PM, take _____

Day-2: At 6:00PM, take _____

- Laxatives may cause diarrhoea. Take advice from your doctor before taking the laxative if you already have diarrhoea.
- Patients taking Ispaghul Husk or a substitute should stop taking it at least three (3) days before the procedure.
- Only eat food that is allowed on the diet instruction sheet that was provided to you at the time of appointment, for two days before the procedure.
- Do not eat breakfast on the day of the examination. You can only drink clear fluids, including plain juice and water.
- You will be given plain water enema two hours prior to the procedure to clean your bowel.

Note: This procedure cannot be performed if you have undergone large intestine biopsy within last 15 days.

What will happen during the procedure?

- During the procedure, you will be in a lying position on the left side first.
- A soft plastic tube will be inserted into the rectum by the Radiologist, who will then pour a mixture of barium and water into the colon through the tube.
- Once the bowel is filled up with barium, the same tube will introduce air. Air will expand the bowel and help in getting clear X-ray images. At this point, a series of X-ray images will be taken. You will be asked to change various positions to capture images from different angles.
- The test will take approximately four hours to complete.

Will it hurt?

When the bowel is full with barium and air, you may feel minor discomfort or cramp-like pain, but this will settle down in a few hours.

What will happen after the procedure?

- You will wish to visit the washroom immediately after the procedure. It is advisable to remain within reach of a toilet for the next few hours.
- Drink plenty of water / fluids to drain the barium sulphate from your bowel.
- Do not worry if you have white stools for a couple of days after the procedure. The change in stool colour is due to the barium sulphate.
- You may also feel slight discomfort due to air in the bowel, but this will settle down very soon.
- You may resume a normal diet immediately after the examination.

Please note the following:

- Bring your doctor's prescription and previous medical/radiology records on the day of your procedure.
- Please arrive 15 minutes prior to your appointment for registration and other formalities. Late arrival may lead to delay/rescheduling of your examination.
- Please inform your doctor if you have any allergies or have had a bad reaction to any procedure in the past.
- If you are pregnant or if there is a chance you might be pregnant, inform your doctor before the procedure. Your doctor may reschedule or cancel the procedure.
- Patients requiring urgent care may be given priority that may result in delay in starting your procedure. Your cooperation in this regard is highly appreciated.
- It is advisable to bring an attendant with you.
- If you have any queries or need to reschedule your appointment, please contact us at 021-111-911-911.