

Fluoroscopy-Barium Enema

To Schedule: (319) 861-7778

Questions about Procedure: (319) 398-6050

What is a Barium Enema Procedure?

A barium enema procedure is an x-ray of the colon or large intestine. Liquid barium will be injected into the intestine through the rectum while the radiologist takes images of your colon. The procedure will take about 1 hour.

Preparation:

1. Your doctor has requested a study of your large bowel or colon. This study requires your colon to be free of fecal material, otherwise interpretation of the study will be impossible and the exam will have to be repeated. To adequately clean the colon you must follow these steps:
 - Reduce the amount of feces in the colon with a low-feces-producing diet
 - Drink large amounts of clear fluids (mainly water) and keep the fluid in the bowel by taking an osmotic laxative (magnesium citrate)
 - Flush the water and feces out of the colon with a stimulating laxative (Dulcolax)
2. The elements of the prep are all equally important and shortcutting any of these elements lowers the chance of thoroughly cleaning the colon. While there are two different laxatives, each has a specific function thus, substitutions will not be adequate.

Standard 3-Day Colon Preparation:

Day 1 - Two Days Before the Exam

1. Low-residue diet (see Diet Information)
2. One glass (8 oz) of water or clear liquid per hour throughout the day. (See Note for Dialysis Patients)
3. Two Dulcolax tablets at 6:00pm (Bisacodyl = Dulcolax)

Day 2 - One Day Before the Exam

1. 7:30am (breakfast) - Clear liquid diet
2. 8:30 - 11:30am - One glass (8 oz) of water or clear liquid per hour (see Note for Dialysis Patients)
3. 12:00 Noon (lunch) - Clear liquid diet
4. 1:00 - 4:00pm - One glass of water or clear liquid per hour
5. 4:30pm – 10 oz Magnesium Citrate (dialysis patients substitute 2 oz Castor oil)
6. 5:30pm - One glass water or clear liquid
7. 6:00pm (supper) - Clear liquid diet
8. 6:30pm - Four Dulcolax tablets (Bisacodyl = Dulcolax)
9. 7:00-11:00pm - One glass water or clear liquid per hour

10. After midnight - Do not eat or drink anything (see Note for Dialysis Patients)

Day 3 - Day of Exam

No breakfast.

Note for Dialysis Patients:

1. Liquids with meals as usual
2. One 8 oz glass of fluid with laxative
3. No hourly fluids necessary

General Information:

Please note that this prep is for both single contrast and air contrast barium enema exams for any individual age 14 or older. If you have any questions regarding the prep or your scheduled time of appointment, call the Radiology Department at 319-398-6050.

Diet Information:

1. Clear liquids consist of water, coffee, tea, clear Jello, 7-up, orange or grape punch (not juice) and broth.
2. Low-Residue Diet consists of the following:
 - Strained fruit juices - orange, apple, grape
 - Cereal - Cream of Wheat, Farina, Rice Krispies
 - Eggs - Any style
 - Cottage Cheese - dry, not creamed
 - Meat - Canned baby meats, baked skinless fish, finely chopped canned tuna
 - Noodles (macaroni, spaghetti, etc.) or rice
 - Oil, butter or margarine
 - Sweets and sugars - plain gelatin (Jello) desserts without added fruit or vegetables, moderate amounts of sugar or strained honey
 - Seasonings - moderate amounts
 - Beverages - same as clear liquids
 - No alcoholic beverages
 - No bread, fruit or vegetables
 - No milk or milk products
 - No "artificial" milk products

Special Instructions:

1. If you are routinely following a special diet (e.g., diabetic), consult your doctor concerning your diet for this colon prep.
2. If you have a colostomy or active colitis of any type, consult your doctor or the Radiology Department before starting the colon prep.
3. X-ray examination during pregnancy should be limited so that a developing baby will not be exposed to unnecessary radiation. The need for your study should be discussed with your doctor if it will be more than 10 days after the beginning of your last menstrual period, unless birth control methods are used or if you are, or think you may be pregnant.

4. If you are to have a sigmoidoscopy schedule your colon exam for a time at least 24 hours after the sigmoidoscopy. If a biopsy was done during the sigmoidoscopy or colonoscopy, the colon study should be delayed 10 to 14 days.
5. If you have questions about medications, call your doctor or the Radiology Department.

**PLEASE BRING THE FOLLOWING TO YOUR APPOINTMENT:
A PHOTO ID TO VERIFY YOUR IDENTITY
A LIST OF CURRENT MEDICATIONS YOU ARE TAKING**

Procedure:

1. Barium will be released into your colon as you lie on the table, and air may be added during the procedure by the technologist.
2. You will be asked to lie in various positions so that your colon fills with barium. The technologist will assist you with positioning if necessary.
3. Near the end of the procedure, when all the barium and air have been given, you may feel “full” and anxious to use the restroom. It is just a few steps away and you will be directed to it as soon as the exam is completed.

Follow-Up:

Drink plenty of liquids for several days following the procedure. If you are easily constipated, you may take a mild laxative upon consultation with your doctor as to the type of laxative you may use.

Parking/Registration:

Park in the Mercy Medical Center 10th Street Parking Ramp, located at the corner of 10th Street and 8th Ave. SE. You will be pre-registered, so you can proceed to **Ground (G)** level and follow the signs to “Radiology (X-Ray),” also located on **Ground (G)** level.

Procedure Results:

Please allow 2 business days from your exam for your physician to review your Radiology results.

Your appointment date and time:

Procedure date: _____

Procedure time: _____

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