



## PATIENT INFORMATION

### X-RAY PROCEDURES

#### Barium Enema

**What is it?** This examination provides information about your large bowel, from your rectum to your appendix area.

**What does it involve?** After an initial plain x-ray of your abdomen, the radiologist will insert a small tube into your rectum. Barium is slowly administered through the tube so that it coats the surface of the bowel. Once the bowel has been coated, all excess barium is drained away and a small amount of air is inserted. This enables the radiologist to obtain clear images of your bowel. To enable your bowel to relax, you may need a small injection of a muscle relaxant into a vein in your arm.

**How long will it take?** This examination takes approximately 1 hour.

**Is there any preparation?** To obtain the best results, your bowel must be free from food and gas. Medi-Prep (a laxative) is used in conjunction with a low fibre diet to ensure that your bowel is clean and empty by the time of your examination. It is important to follow the diet exactly as failure to do so may result in the need to repeat the preparation. If you are on any sort of medication at the time of your examination, please continue taking it as prescribed. Also, if you are diabetic, or have any special requirements, please let us know when booking your appointment and if you have any concerns, please call our **radiology nurse on 520 9550**.

#### The day before the examination:

- Breakfast:** Eat a light breakfast, avoiding high fibre food such as cereals.  
Eat nothing before lunch but drink as much fluid as you wish.
- 12 noon:** 1 cup of clear soup with a dry cracker – no bread or toast  
1 glass of clear juice (ie apple)  
1 serving of plain jelly – no ice cream or cream  
Black tea or coffee, or any other fluid provided it does not contain milk or cream
- 1:00pm:** Drink at least one full glass of water – you may have clear cordial if you wish
- 2:00pm:** Drink at least one full glass of water – you may have clear cordial if you wish
- 5:00pm:** 1 cup of clear soup  
1 glass of clear juice (ie apple)  
1 serving of plain jelly – no ice cream or cream  
Dissolve Medi-Prep powder in 500mls of warm water and stir well. Cool in the fridge.
- 6:00pm:** Drink half (250mls) of the Medi-Prep solution
- 7:00pm:** Drink the remainder of the Medi-Prep solution

**X-RAY PROCEDURES**  
**Barium Enema continued**

Bowel motions should begin within 2 hours of drinking the solution. Several motions can be expected through the evening.

8:00pm:        Make sure you drink a minimum of two glasses of water before you go to bed.  
                    You may drink as much water as you wish up until 2 hours before your examination.

**The day of the examination:**

Do not eat any food at all prior to your examination and stop drinking water 2 hours before your appointment time.

**Aftercare:** You can eat and drink normally afterwards. Drink plenty of fluid to help the barium wash through your system. If you have been given the muscle relaxant injection during the examination, you may experience slightly blurred vision for a short time afterwards. It may be advisable to ask someone to drive you to and from your appointment.

**If you have any concerns regarding this preparation, please do not hesitate to contact us on 520 9550.**