You are scheduled for a Barium Enema.

Name:__________________________
Date:__________________________
Report Time:____________________
Procedure Time:_________________
Study:________________________
History/Diagnosis:________________
________________________________
________________________________
________________________________
________________________________
ICD-9:________________________
Physician Signature:______________

Location: Reading Hospital, C1

Park in the 6th Avenue Garage and use the main hospital entrance beneath the clock tower. Take the Tower Elevator down one floor to 1. Exit elevator to your left, then turn right. The Radiology Department registration window will be on the right side of the hallway.

Follow-Up
The radiologist will study your x-rays and relay the results to your physician. Your physician will discuss the results of your examination with you at your next appointment.

To schedule your appointment, or if you must cancel, please call 484-628-8611. If you have any questions about barium enemas, please ask.

Please bring this brochure, your health plan ID card, photo identification, and your pre-approval or referral forms to your appointment.
Your physician has scheduled you for a special type of x-ray—a barium enema.

This brochure explains the procedure, so you will know what to expect on the day of your examination.

**About Barium Enemas**

The barium enema is a diagnostic study of the large intestine. By using barium as a highlighter, your physician can study the condition and functioning of your large intestine.

*A Note To Patients:* If you’re having this procedure done on an inpatient basis, your nurse will guide you through all preparations, and will arrange for your transportation to and from the Radiology Department.

### Preparation

**A Few Days Before**

Follow the instructions given to you for 24-hour preparation for bowel cleansing and diet from your physician.

You may also want to contact your personal physician a few days before your examination for his or her recommendations on a laxative. Any barium remaining in your system after the examination could cause constipation.

Please pay close attention to any other dietary restrictions prescribed by your physician.

**The Day Before**

The day before the exam, you may not have any solid food. You may drink clear liquids throughout the day. Clear liquids include:

- Bouillon
- Coffee and decaffeinated coffee
- Consommé
- Fat-free broth
- Fruit ices
- Fruit juices (apple, grape, white cranberry, and grapefruit)
- JELL-O®
- Tea

Please do not use milk or creamers in your beverages.

This is also the day for the bowel cleansing preparation. Again, follow all the instructions on the packet.

**Day of Study**

Allow approximately 45 to 60 minutes for your barium enema procedure.

### Procedure

When you arrive for your appointment, a technologist will show you to a changing room. You will be asked to change into the exam gown provided.

When you’re ready, the technologist will escort you to the x-ray room and will help you onto the examination table. You will then be positioned so that an enema tube can be inserted into your rectum.

Once the tube is in place, the technologist will administer barium and air into your large intestine via the enema tube. Throughout this process, the radiologist or assistant will take several x-rays.

When the large intestine is completely filled with the barium, another series of x-rays will be taken.

Throughout the study, the technologist will ask you to assume various positions so that your large intestine can be x-rayed from all sides. After the final x-ray, the technologist will help you to a nearby bathroom so that you can expel as much of the barium and air as possible.

If your physician or radiologist feels a single contrast study is necessary, no air will be administered with the barium.

If you have questions at any point during your examination, please ask.

To avoid constipation after the procedure is over, drink plenty of fluids. However, do not do this if you are on a fluid restriction diet.