You Are Scheduled for a Barium Enema

Name: ___________________________
Date of Birth: ____________________
Date: ____________________________
Report Time: ______________________
Procedure Time: __________________
Study: ___________________________
History/Diagnosis: ________________
__________________________________
__________________________________
__________________________________
ICD-10 Code and Description: _____
__________________________________
Authorization Number: ____________
Doctor Signature: _________________
Date: ____________________________
Location:
☐ Reading Hospital
  C-Building, 1st floor

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

Directions
Reading Hospital is located at 420 S. 5th Avenue in West Reading.
The Radiology department is located on the 1st floor of C-Building.

Where to Park: Park in the 6th Avenue Garage.

Where to Enter: Enter the hospital at the D-Lobby entrance, and proceed to the reception desk. Present your ID and receive a visitor pass to help you find your way.

Where You Are Going: Follow signs to the Imaging reception desk.

Please bring this brochure, your health plan ID card, photo identification and your pre-approval or referral forms to your appointment.

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Your doctor 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 doctor can study the condition and functioning of your large intestine.

Preparation
A Few Days Before
Follow the instructions given to you for 24-hour preparation for bowel cleansing and diet from your doctor.
You may also want to contact your doctor 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 doctor.

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 juices (apple, grape, white cranberry and grapefruit)
- JELL-O®
- Tea
Please do not use milk or creamers in your beverages.
This is also for the day of 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, your colon is filled with barium, a liquid that allows the Radiologist to see what the inside of your bowel looks like with the use of X-ray images. Air is usually placed into your bowel through the tube for better visualization.
You will be asked to move into different positions and hold your breath while X-rays are taken.
The last X-ray will be taken after you go to the bathroom.
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.

Follow-Up
The radiologist will study your X-rays and relay the results to your doctor. If you are an active MyChart user, you can expect to receive the results when they are available.