

SUMMARY OF THE EXAM

A barium enema is an X-ray of the large bowel. Barium is inserted through an enema tip placed in the rectum. This allows the doctor to look for abnormalities in the bowel.

WHAT TO EXPECT

You may feel slight discomfort with the insertion of the enema tip and some cramping and full sensation during the test. Let the staff know if you have cramping.

INSTRUCTIONS

- You will only be able to have clear liquids for about 24 hours prior to testing. You may not have any solid food of any kind.
- Your nurse will assist you with the preparation the day before the exam. Your colon must be cleaned out, so you will receive laxatives and be encouraged to drink fluids hourly to assist with cleaning out the colon.
- You will not be allowed to eat or drink after midnight the day before the exam.

LENGTH OF EXAM

Plan on being in radiology for about one hour.

AFTER THE EXAM:

You will be able to eat and drink after your exam. Unless otherwise directed, drink plenty of fluids to help move barium through the GI tract. Mild laxative is sometimes helpful to aid in the elimination of barium.