

RISKS

The exposure to radiation is very low during a barium enema. X-rays are monitored carefully to minimize the amount of exposure needed to produce the image. Most experts feel that the risk is low compared with the benefits. The most serious risk is a perforated (punctured) colon, but this is very rare. There is a small risk of your intestines becoming blocked if the barium fluid does not clear from your bowel. Because of this, it is important for you to follow your healthcare provider's directions for cleansing the bowel after the procedure.

AFTER THE TEST

It is important that you drink plenty of liquid for 24 to 48 hours after your procedure to help you pass any barium that remains in your colon. Thirty-two ounces in addition to your normal drinking habit is good, unless directed otherwise by your healthcare provider. You may also be asked to take a laxative following your procedure. Note that your stool may be white for a few days due to the barium. If you experience constipation, notify your healthcare provider. You may be as active as you want. Most patients return to a normal diet following the exam.

REPORT

A normal barium enema should show a uniform filling of the colon with barium. It should also show the bowel to be freely open and in normal position. If your barium enema does not reveal the above results, you may have an abnormality in your colon. Depending on the findings, you may be scheduled for additional testing, such as a colonoscopy, so that any abnormalities can be examined more thoroughly, and if necessary, biopsied or removed.

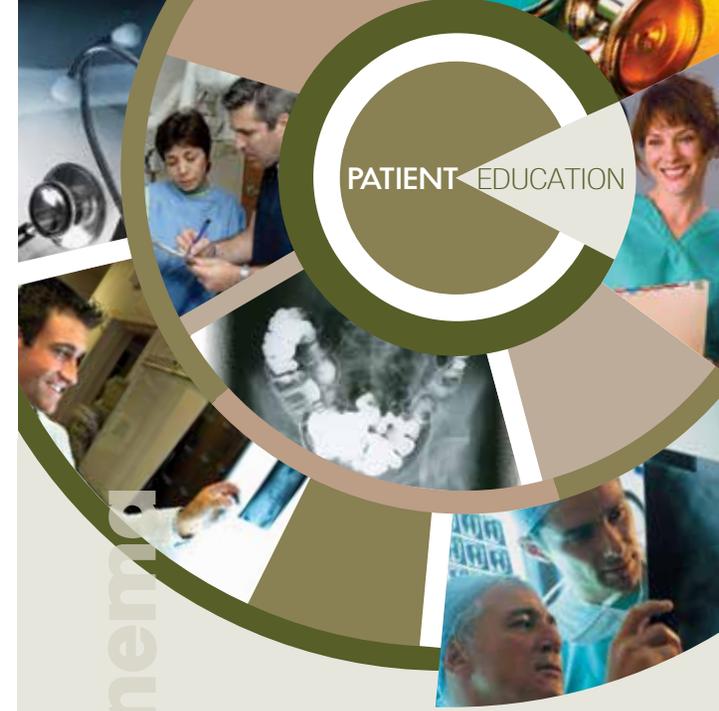
A radiologist will interpret the images and forward a signed report to your referring healthcare provider who will in turn give the results to you. Although your doctor should receive a radiologist report within 24-48 hours, please allow enough time for your physician to review the results. Depending on how busy your doctor's office is this could take up to a week or more.

You may also access your results on line through My Adventist Health. Radiology reports are available on line within 5 days of the results. To learn more about how you can sign up for My Adventist Health, please speak with one of our Patient Access Representatives.

Please call (808) 263-5166 to schedule your appointment.

CALL YOUR HEALTHCARE PROVIDER IF YOU NOTICE:

- Abdominal or rectal pain
- Blood in your stool
- Nausea
- Stools do not return to a normal color within a few days
- Constipation
- Very narrow (as thin as a pencil) stools
- Vomiting blood
- Fever



Barium Enema

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- Procedure description
- Patient preparation
- What to expect during and after the exam
- Reportable signs after procedure

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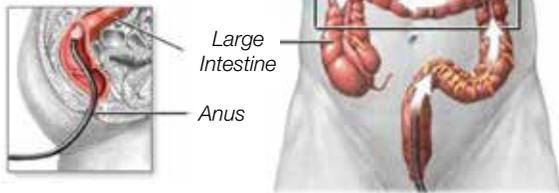
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WHAT IS A BARIUM ENEMA?

A barium enema is a valuable diagnostic procedure used to examine the lower intestine or colon for abnormalities. To be able to visualize the lining of the colon a liquid contrast agent called barium is inserted in the rectum. There may also be a small amount of air inserted as well to help expand the walls of the colon. This enables the radiologist to get a more detailed look at the lining of your colon. Pictures are taken once the barium is instilled.

A barium enema enables the radiologist to detect any problems such as a blockage, cancer, a mass, polyp (small tumor that is usually benign that grows on the lining), diverticula (small pouches that form on the colon wall that can become inflamed), inflammatory bowel disease, narrowing of the colon (stricture) or other disorders. Along with colonoscopy, barium enema remains the standard for diagnosing diseases of the colon.

Barium liquid is instilled into the large intestine through the anus.



PATIENT PREPARATION

If you are a woman of childbearing age and there is a chance you may be pregnant, please consult your physician before scheduling this exam. Medications can be taken prior to your test. Pills should be taken with just a small amount of water, early in the morning.

You will receive detailed instructions regarding preparation from your healthcare provider. It is important that you follow the directions carefully. Generally you will be asked to follow a clear liquid diet for one or two days before the exam.

Clear liquids include:

- Plain water
- Tea and coffee without milk or cream
- Any juice without pulp (no orange juice or tomato juice)
- Broth
- Carbonated beverages

Because a clean and empty colon is essential to this examination, you will be asked to use laxatives and/or suppositories and possibly have an enema prior to the exam. Your healthcare provider will instruct you not to eat or drink for a specific period of time before your exam (usually nothing after midnight prior to your exam).

Please do not bring children with you to the appointment. Be sure that your doctor's office has sent an X-ray request form to the department or that you bring one with you.

INFORM YOUR TECHNOLOGIST:

- If you had difficulty with the preparation for the test
- Of any symptoms you are having such as bleeding, pain, changes in bowel habit or diarrhea
- If you have had any previous surgeries
- Of any known allergies
- If you are pregnant or think you could be

WHAT YOU CAN EXPECT

The technologist will explain your procedure and answer any questions you may have prior to your exam. You will be asked to remove all clothing and change into a gown. You will lie on the exam table on your back with your arms at your side. A "scout" film will be taken to make sure that your intestines are clean. Then the technologist will position you on the X-ray table on your side and will gently insert a small lubricated enema tip into your rectum. As the barium enters the colon a little at a time, you may feel the urge to go to the bathroom along with some cramping. Try to relax and breathe slowly, concentrating on the radiologist's instructions. A small balloon at the tip of the enema tube may be inflated to help keep the barium inside. As the barium continues to flow, outlining your colon, the radiologist will ask you to hold your breath while he or she records images with a fluoroscope. A fluoroscope is a special X-ray unit with a television screen attached that allows the physician to see the movement of the intestines as the barium moves through them. Slight pressure may be applied to your abdomen to help the barium outline the colon and sometimes air is introduced through the enema tip to help the radiologist visualize small abnormalities, such as polyps. After this portion of the exam is completed, the technologist will take additional images.



Bright white areas indicate barium contrast in the large intestine.

You will be asked to turn from side-to-side while pictures are taken. Turning helps coat the walls of your colon with the barium. Once the films are complete you will be able to go to the bathroom. More than likely, the radiologist will take one more image after this to assess if your colon is empty. Then the examination is complete. The entire procedure takes approximately 45 minutes.



The technologist will answer any questions you may have about the procedure.