

Diagnostic Imaging Department

BARIUM ENEMA (AFTERNOON APPOINTMENT)

A Barium Enema is an X-ray examination of the large bowel.

The examination involves partly filling your bowel with barium and air through the rectum (back passage) after which x-ray films will be taken with you standing and lying in several different positions. This is a straight forward examination and should cause you little discomfort. There are normally no ill effects from the barium.

For the examination to be successful it is necessary for the bowel to be empty, otherwise the examination may have to be repeated.

PLEASE FOLLOW THESE INSTRUCTIONS CAREFULLY:

IF YOUR BOWEL IS NOT CLEAR THE EXAMINATION MAY HAVE TO BE REPEATED.

ONE WEEK BEFORE

If you are taking iron tablets you should stop taking them one week before your examination.

FIVE DAYS BEFORE

For the five days before the examination you may only eat what is listed in the low residue diet.

LOW RESIDUE DIET

FOODS ALLOWED

Tender lean meat, poultry, ham, liver, kidney, fish
Vegetarians may have texturised vegetable protein.
Eggs, cheese, milk, natural yoghurt
Fruit-flavoured or set yoghurt
Potatoes – boiled (no skins), mashed, roast or chips
Well-cooked cauliflower florets (no stalks), carrots, turnip or swede
Consommé or strained soup
Oxo, Bovril, Marmite
Soft tinned fruit, except those with pips - tinned pears or peaches are suitable
White bread, white flour
White rice and pasta
Water biscuits, cream crackers, Rich Tea or Marie biscuits
Plain sponge cake, eg Madeira
Plain scone (no fruit), cheese scone
Butter, margarine, fats and oils
Jelly jam, jelly marmalade, honey, syrup
Jelly, ice cream
Rice Krispies, Cornflakes, Readybrek
Herbs and spices
Tea and coffee (sugar allowed)
Tomato juice, strained fruit juices, Ribena, squash, fizzy drinks
A small amount of alcohol is allowed

FOODS NOT ALLOWED

Tough, fibrous meat, hamburgers, beefburgers, sausages, faggots
Sausage rolls, pasties, pies and pastries
Whole fruit yoghurt, Muesli yoghurt
Jacket potatoes, where skins are eaten
All vegetables not listed above
All salads
Baked beans
Thick vegetable soup, eg Scotch Broth, Lentil Soup
All fruit not listed above
Wholemeal and granary bread
Wholemeal flour
Brown rice, wholewheat pasta
High fibre crispbreads, digestive biscuits, Hob Nobs
Cake containing dried fruit, nuts or coconut
All nuts and dried fruit
Jam or marmalade with skin or pips, peanut butter
All high fibre breakfast cereals, porridge, bran
Chutney, pickles

Vegetarians may have texturised vegetable protein

PEOPLE WITH DIABETES

If you have diabetes and are on tablets or insulin, please contact us and we will send you an information leaflet on diet and medication.

Diabetics: Note that one glass of fruit juice = 1 exchange. Continue on your normal medication.

THE DAY BEFORE

Lunch – (12 noon to 1.30pm)

A small portion of grilled or poached (not fried) fish or chicken with a little cooked white rice, followed by plain yoghurt, clear jelly or junket. **NO POTATOES, VEGETABLES OR FRUIT ARE ALLOWED DURING THE TREATMENT.**

A cup of tea or coffee **WITHOUT MILK** but sweetened if liked. Drink plenty of water during the afternoon.

TWO HOURS AFTER LUNCH TAKE ONE DOSE OF PICOLAX.

PICOLAX – Dissolve the powder contained in **ONE SACHET** in a little water (3 to 4 dessert spoonfuls) in a tumbler. Wait for about 5 minutes then dilute the solution with cold water to make about half a tumblerful. Stir and drink the mixture. Throughout the treatment drink as much clear fluid as required. Try to drink at least one glass full every hour. **NB. CLEAR FLUID** includes tea or coffee without milk, clear soup, meat extract drinks, eg. Oxo, Marmite, plain water (not carbonated).

NOTE: Be prepared for frequent bowel movements starting within three hours of taking the Picolax.

Evening Meal - (7.00pm to 9.00pm)

Clear soup or meat extract drinks may be taken but **NO SOLID FOOD**. Examples are consommé, chicken stock, Bovril. Drink as much fluid (water, Bovril, Ribena, clear soup, coffee and tea without milk) as desired.

THE DAY OF YOUR APPOINTMENT

Take the second Picolax before breakfast.

Breakfast - (8.00am to 9.00am)

After the Picolax has been taken, one boiled egg, not more than one slice of white bread with honey (not jam or marmalade), one cup of tea or coffee with sugar and milk if desired.

THEN TAKE SWEETENED FLUIDS ONLY UNTIL 2 HOURS BEFORE THE TIME OF YOUR APPOINTMENT, THEN NOTHING BY MOUTH.

There are normally no ill effects from the barium.

AFTER THE EXAMINATION

Muscle relaxant

An injection of muscle relaxant sometimes needs to be given during this examination. This can affect your eyesight temporarily and so there may be a delay of about an hour before you can safely drive.

Constipation

Make sure you drink **extra fluid** and eat fruit and vegetables for the next 48 hours to prevent constipation. If you do get constipated take a mild laxative.

RESULTS

The doctor who sent you for the examination will get the results within one week.

PLEASE NOTE – CONTRACEPTIVE PILL

If you are using the contraceptive pill, a loose bowel may make this ineffective. It is therefore recommended that other contraceptive measures, eg. sheath/cap, are also used for a period of 14 days following the examination. **DO NOT STOP USING THE PILL**

FINALLY

If you have any questions or concerns please contact us on (01305) 254428.