

## Diagnostic Imaging Department

### **BARIUM ENEMA (MORNING 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**

Continue to take prescribed medication, but 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.

## THE DAY BEFORE

**PICOLAX** – The powders which you take on the day before the examination are a laxative and it will be necessary for you to be within easy reach of a toilet all day. In some cases it may mean you will need to take a day off work.

Please follow these instructions very carefully:-

1. Before breakfast (not later than 8.00am) dissolve the powder contained in one of the sachets in a little water (3 to 4 dessert spoonfuls) in a glass. The solution will become hot.
2. Wait for about 5 minutes then dilute the solution with cold water to make about half a glass.
3. Stir and drink the mixture.
4. The contents of the second sachet should be prepared as above and taken about two hours after lunch **but no later than 4.00pm.**

Throughout the treatment drinks 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).

Be prepared for frequent bowel movements starting within three hours of the first dose of Picolax being taken. The following are allowed on the day before the examination.

### **Breakfast - (8.00am to 9.00am) (after the first Picolax powder)**

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.

### **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.** A cup of tea or coffee without milk, but sweetened if liked. Drink plenty of water during the afternoon.

## **Supper Meal - (7.00pm to 9.00pm)**

Clear soup or meat extract drinks may be taken but **NO SOLID FOOD**.

**Please have no more food until after your appointment** but you may drink as much clear fluid as you like.

### **THE DAY OF YOUR APPOINTMENT**

Take clear fluids only until two hours before the appointment time and then **NOTHING BY MOUTH**.

The examination takes about 30 minutes, but you will be in the department for about 1 hour. This will allow time for registration, undressing, having the examination and dressing again.

### **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**

After the examination you will be able to eat and drink normally but take **extra fluids** and eat plenty of fruit and vegetables over the next two days to help clear the barium from your bowel.

If you suffer from constipation a mild laxative or glycerine suppositories will help.

#### **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.