

## Procedures/Diagnostic Tests

### **Barium enema x-ray**

*You are scheduled for a barium enema x-ray. This procedure helps your doctor learn if there is any change from normal in your large intestine (bowel). The test can also help your doctor see the shape of other organs in your abdomen near your large intestine. It is a safe, effective way to obtain picture information of your large intestine. The test is done in an x-ray room of the Diagnostic Radiology Department.*

#### **Preparation**

For the test to be a success, your large intestine must be as empty as possible. It is very important that you follow your doctor's instructions for preparation.

#### ***Two days before the test***

You will be asked to start a "minimal residue diet." Please carefully follow the diet listed in these instructions.

#### ***The day before the test***

- You will be asked to start a "clear liquid diet." Again, please carefully follow the diet listed in these instructions to find which liquids you are allowed to drink.
- You will be given a special laxative to take. This laxative will empty your large intestine. There are many kinds of laxatives, so please be sure to follow your doctor's orders.

#### ***The day of the test***

- Do not drink or eat anything for breakfast.
- If your doctor orders a special kit called an "EVAC-U KIT," carefully read and follow the special instructions.
- If you are an inpatient at the Clinical Center, you may be given several soapsuds enemas on the morning of your test to finish cleaning out your large intestine.

***Important: Despite these special instructions, you may need to take your daily medication. Please check with your doctor or nurse first!***

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## Procedure

- You will be given an enema containing a special barium solution. Barium fills up and lines the walls of the large intestine. You will feel pressure in your abdomen as the barium enema is given. Sometimes air is given along with the barium to help the radiologist see the large intestine better.
- The room where the test will take place will be darkened. Using a special type of x-ray instrument called a fluoroscope, the radiologist will watch the barium as it passes along the large intestine. X-ray films will be taken. After this procedure, a technologist will take follow-up films. It is important to keep the barium in your bowels until the x-ray films are completed.
- The test usually lasts 1 1/4 hours. Sometimes, other x-rays are done, which will take more time.

## After the procedure

- There are no side effects.
- You should resume your usual diet. Drink plenty of fluids to help rid your body of the barium. Your doctor may order another laxative to remove the barium.
- Let the nurse observe your bowel movements for barium.
- Inform your nurse or clinic staff if you do not have a bowel movement within 24 hours of the test.

If you have questions about the procedure, please ask. Your nurse and doctor are ready to assist you at all times.

## Special instructions

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## Minimal Residue Diet (to start 2 days before procedure)

<u>Type of Food</u>	<u>Foods Included</u>	<u>Foods Excluded</u>
Beverages	Black coffee, tea, carbonated beverages, cereal beverages	Milk, milk drinks
Breads	Saltines, soda crackers	All breads
Cereals	Cooked rice cereals or refined wheat cereals, made with water	Whole grain cereals
Desserts	White angel food cake, arrowroot cookies, ices, clear gelatin desserts	Custards, puddings made with milk, ice cream
Fats	Bacon, butter, fortified fats	Cream
Fruits	Strained fruit juices only	All fruits
Meat, poultry, fish, cheese, eggs	Beef, lamb, veal, chicken, turkey, whitefish, eggs	Fried meats, poultry, or fish; all cheese
Potato or substitute	Macaroni, noodles, rice, spaghetti	Potatoes, hominy
Soups	Bouillon, broth	Cream soups
Sweets	Hard candies without nuts or fruit, honey, jelly, sugar, syrup	Candies with fruits or nuts; jam, marmalade
Vegetables	Tomato juice only	All other vegetables
Miscellaneous	Salt, small amounts of pepper used in cooking	All other spices; condiments; nuts, olives, pickles, etc.

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## Clear Liquid Diet (to start the day before procedure)

<u>Type of Food</u>	<u>Foods Included</u>
Beverages	Black coffee (no cream or milk), tea, carbonated beverages, cereal beverages
Desserts	Gelatin desserts without fruit, frozen ices without milk
Fruits	Strained fruit juices
Soups	Bouillon, clear broth, consommé\
Sweets	Sugar, plain hard candies
Miscellaneous	Salt

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