What you should know about your *Barium Enema Without Air*

**Purpose:**

This procedure allows the radiologist to examine your lower digestive tract, also known as large bowel or colon.

**Preparation:**

- Take four dulcolax tablets and one 6-8 oz. bottle of magnesium citrate the evening before the exam.
- Take one Fleet enema one hour before your scheduled appointment.
- You will be asked to follow a low residue diet for two days before the study. Avoid fruits and vegetables other than potatoes. Avoid all fried foods, highly seasoned foods, coarse whole grain cereals and breads (hot bread, pastry, rice cakes, and cookies). Avoid jams or preserves with skins and seeds of fruit (nut and dried foods).
- Nothing by mouth after liquid breakfast on the day of the exam.
- You may be asked to remove some or all of your clothes and to wear a gown during the exam.
- You may also be asked to remove jewelry, and any metal objects or clothing that interferes with the x-rays.

*The day before the exam*

- Clear liquid diet.
- Drink 1 bottle of citrate of magnesium in morning around 9 a.m. (can be purchased at a local pharmacy).
- Take 2 Dulcolax tablets at 6 p.m.

*Before bed*

- Use 1 fleet enema (can be purchased at a local pharmacy).
- NPO after midnight.

*Morning of exam*

- Use 1 fleet enema (can reuse original enema vial by filling with tap water).

**Procedure: What to Expect**

- We will verify your name, date of birth and exam you will be having done.
- We will take a brief medical history.
- You will be asked to lie on the x-ray table.
- We will take one preliminary x-ray of your abdomen.
Barium Enema without Air continued

- A lubricated enema tip will be inserted into your rectum. It is specially designed to help you hold the enema, but the sensation will make you feel like you need to move your bowels.
- Some liquid barium will run through the tip into your colon. This will give you a full feeling as it fills your colon. The radiologist will be watching with the fluoroscopic machine as this proceeds.
- You may feel some discomfort, but the examination is generally not painful.
- When the whole colon is filled with barium, the technologist will take some additional x-rays with the conventional x-ray machine.
- You will then be assisted into the bathroom to expel the barium, and then you may return to the x-ray room for an additional x-ray before you leave the radiographer room and return to the gowning area.

After the Exam:

- You should drink extra amounts of liquids to help flush any residual barium out of your colon. If necessary, you may take a mild laxative to help this process.
- You may resume your normal diet and routine.
- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

**Note** You will be exposed to a very small amount of ionizing radiation which carries no long term risk. Women should always inform their physician or x-ray technologists if there is any chance of pregnancy.

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