

PATIENT INFORMATION LEAFLET

Small Bowel Enema

INTRODUCTION

This is a radiological examination of the small bowel. Although the investigation is called an enema a tube is actually passed via the nose to the small bowel.

PATIENT PREPARATION

It is important that you follow these instructions carefully. The success of this examination depends on the bowel being as clear as possible. Otherwise the examination may need to be repeated.

DIET TO BE FOLLOWED THE DAY BEFORE YOUR APPOINTMENT

8 am (day before appointment)

Start clear liquid diet. No solid food is allowed from this time until after your barium enema examination

CLEAR LIQUID means water, clear soup, or soup that has been strained to remove any solids, fruit juices without pulp (but not red or purple coloured juices) black tea or black coffee and clear fizzy/ non fizzy drinks e.g. lemonade.

12pm (day before appointment)

Please take 2x5 mg blascody (dulcolax).

3pm (day before appointment)

Please take one sachet of Citra Fleet to dissolve in one glass of water (250ml). Then drink two glasses of water (250 ml per glass)

Please drink an additional glass of water (or more, if thirsty) every hour between 3 and 9 pm. do not drink after midnight.

The preparations above are taken to cleanse the bowel and may cause some diarrhea and cramps. This is quite usual with a preparation of this type and need not cause you any undue concern. Female patients please let us know in advance if you are or think you might be pregnant.

WOMEN OF CHILDBEARING AGE

Please inform the Radiographer if you are or may be pregnant.

DURING THE EXAMINATION

PATIENT INFORMATION LEAFLET

The Radiologist, Radiographer and Nurse are present during the examination. The Radiologist puts local anaesthetic into the patient's nose and sprays the back of the throat. This may taste unpleasant for a short time but will help to pass the tube from the nose into the duodenum (small bowel). With the tube in place the patient lies on the x-ray table. Under image guidance the barium is passed through the tube and when the bowel is coated x-ray images are taken and the tube removed.

AFTER THE EXAMINATION

You may return to normal diet and increase fluid intake for 2-3 days.

MEDICAL RADIATION: RISKS V BENEFITS

Medical x-rays give a small dose on top of natural radiation. The amount of radiation received during a diagnostic X-ray procedure is low, resulting in the equivalent of approximately a year's background radiation.

As long as it is clearly necessary to help make the correct diagnosis and treatment decision, the benefits of diagnosis and treatment resulting from the examination should outweigh any small radiation risks