

BARIUM ENEMA OR AIR CONTRAST BARIUM ENEMA STUDY

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WHAT IS A BARIUM ENEMA OR AIR CONTRAST BARIUM ENEMA STUDY?

The purpose of this test is to study the function and appearance of the large intestines. You will be given barium (a white chalky liquid) through an enema tube which is inserted into your rectum. Barium is a contrast agent that improves the quality of the images.

WHAT TO EXPECT

The test requires a bowel prep to ensure your intestines are free of stool. Please purchase one 10oz bottle of magnesium citrate oral solution saline laxative, 4 bisacodyl tablets, and 1 bisacodyl suppository. Eat a light supper 2 days before the test then clear liquids after 10:00 p.m. on that day. The day before the test you may have clear liquids all day. Breakfast and a noon lunch should consist of clear soup or broth, strained fruit juices (no pulp), or non red gelatin. You may drink soft drinks, black coffee or plain tea. At 1 p.m., 2 p.m., 3 p.m., 4 p.m., and 5 p.m. drink one full 8oz glass of water. At 5:30 p.m. drink the 10oz bottle of magnesium citrate followed by one 8oz glass of water. Drink one full 8oz glass of water at 6 p.m. and 7 p.m. At 7:30 p.m. take 4 bisacodyl tablets followed by one 8oz glass of water. Drink one 8oz glass of water at 8 p.m. and 9 p.m.

The day of the test, 2 hours before your scheduled appointment time, please remove the wrapper from the suppository and insert the suppository into your rectum. Please retain the suppository for at least 15 minutes before having a bowel movement.

The test may require you to stand, lie flat, or turn from side to side. Multiple images of your anatomy will be taken using a radiographic camera. The images will be taken at timed intervals during the exam.

The test takes approximately 1 ½ to 2 hours. The technologist will give you discharge instructions after the completion of the test.

HOW TO PREPARE

Follow these guidelines:

- Please inform the technologist if you are allergic to barium or any contrast agent.
- Please let the technologist know if you are pregnant. Many imaging tests are not performed during pregnancy.
- **You must have nothing to eat or drink (including medications) after midnight the day of the test.**
- If you are diabetic, please consult your physician as to any special instructions concerning your diabetes medication prior to the test.
- Please bring your current home medications or a list of your medications with you the day of the test.
- You may be asked to remove some or all of your clothes and change into a hospital gown to get a more accurate picture.
- Remove jewelry, removable dental hardware, eye glasses, and any metal objects or clothing that might interfere with the images.

RESULTS

A radiologist will review your images and send a report to your doctor who ordered the test in 48 hours. You'll get a call from your doctor's office to discuss the results and next steps. To check your results in our secure, online patient portal, My UNC Chart, visit www.myuncchart.org.