



# BARIUM ENEMA

Your physician has prescribed a barium enema. This medical imaging exam involves exposing a contrast product (barium) to X-rays to produce images of the big bowel.

## ABOUT THE EXAM

- The barium enema exam helps to view the contour of your big bowel (caecum, rectum and anus) to identify anomalies or pathologies (polyps, diverticula, etc.).
- Your intestine must be without any trace of stool during your exam. You will be given instructions regarding laxative products at the time your appointment is scheduled.
- Barium is a white, chalky liquid which coats the walls of the intestine to reveal its contour in the X-ray image. A barium wash is also known as a lower gastrointestinal series.
- The exam lasts approximately 45 to 60 minutes.

## ALLERGIES | DIABETES

- If you are **diabetic** or **allergic to iodinated contrast product**, tell the administrative officer when scheduling your appointment, and the technologist on the day of your appointment. They will give you specific instructions to follow.
- If you have **Crohn's disease**, **ulcerative colitis**, or **glaucoma**, tell your physician. He will give you instructions to follow.
- If you have **diarrhea** or **Hirschsprung disease**, **DO NOT TAKE ANY LAXATIVES**. Ask your physician which guidelines to follow.
- If you are **pregnant (or believe you are)**, notify your physician and the radiology team, because you cannot take this exam.

## PREPARING FOR THE EXAM

To ensure the quality of the X-ray images and to prevent interpretation errors, **please carefully follow each step of the preparation for your exam:**

- **Purchase Citro-Mag (300 ml) and Dulcolax (3 five (5) mg tablets and 1 10 mg enema).**

### 48 HOURS BEFORE THE EXAM:

- **DO NOT EAT:** Vegetables, fruits, meat, brown bread, jam, nuts, or cream as these foods will leave residues in the intestine.
- **YOU MAY EAT:** Hard-boiled egg, boiled noodles, baby food, vegetable-free rice, cottage cheese, biscuits (Melba toast, soda biscuits, etc.), **orange or yellow** Jell-O only, white bread, low-fat margarine.
- **DO NOT EAT:** Vegetable juice, milk, cream, or undiluted and unfiltered broth.
- **YOU MAY DRINK:** Water, apple juice, soft drinks, vegetable-free filtered broth (remove all solids and meat), and coffee and tea (**no milk, no cream**).

## THE NIGHT BEFORE THE EXAM (LIQUID DIET):

Please respect the following diet and eating schedule :

Time	Instructions
Noon (Lunch)	<ul style="list-style-type: none"><li>• Eat only filtered broth (remove all solids and meat)</li><li>• Jell-O (yellow or orange only)</li><li>• Tea or coffee (no milk, no cream)</li></ul>
1:00 p.m.	Drink a large glass of water (250 ml or 8 oz)
2:00 p.m.	Drink a large glass of water (250 ml or 8 oz)
3:00 p.m.	Drink a large glass of water (250 ml or 8 oz)
4:00 p.m.	Drink the pharmacy's preparation of Citro-Mag (300 ml)
6:00 p.m. (Supper)	<ul style="list-style-type: none"><li>• Eat only filtered broth (remove all solids and meat)</li><li>• Jell-O (yellow or orange only)</li><li>• Tea or coffee (no milk, no cream)</li></ul>
7:00 p.m.	Take 3 tablets of Dulcolax (5 mg)
8:00 p.m.	Drink a large glass of water (250 ml or 8 oz)
9:00 p.m.	Drink a large glass of water (250 ml or 8 oz)
10:00 p.m.	Insert the Dulcolax (10 mg) enema and keep it in your body for 10 minutes before having a bowel movement.

DO NOT DRINK ANY RED OR PURPLE JUICE to prevent any interpretation error.

## BRING THE FOLLOWING FOR THE EXAM

- A valid health insurance card (to avoid paying for this test).
- A valid hospital card (if needed, you will have to go to the reception or admission department to get a card before your appointment).
- A list of your medications, if required.
- A bag for your personal items. Do not bring or wear any jewels or valuables. (The hospital is not responsible for lost or stolen objects.)

## ON THE DAY OF THE EXAM

- If you are allergic to iodinated contrast product, notify the technologist.
- You will be asked to put on a hospital gown and to lie down on the examination table.
- The technologist or radiologist will gently insert a plastic cannula into your anus followed by liquid barium and air into your intestine. You will probably feel a mild sensation of bloating.
- In order to properly view the walls of your intestine, the technologist will give you instructions (e.g., turn on your side) so he can take radiological images in various positions while inclining the angle of the examination table.
- Do not hesitate to ask the technologist questions during the exam.

## BACK HOME

It is normal to experience some anal and rectal discomfort; it is temporary.

Drink 1 litre of water during the day of the exam and another litre the next day to eliminate the barium.

If you have constipation, ask your pharmacist to recommend a laxative.

If you have persistent cramps, lie on your side to facilitate the evacuation of your gas.

## CANCELLING OR POSTPONING AN APPOINTMENT

To cancel or postpone your appointment, refer to the coordinates in the checklist on the next page.

## DO YOU HAVE ANY QUESTIONS?



<https://www.santeestrie.qc.ca/en/care-services/services-specialises/imaging-nuclear-medecine/>



Info-Santé 811 OR speak to your prescriber.

# CHECKLIST

My examination date: \_\_\_\_\_

## Hôtel-Dieu de Sherbrooke

580, rue Bowen Sud

Sherbrooke, Québec J1G 2E8

Enter through door 25 (at the corner of Woodward and Murray)

2Nd floor, radiology reception desk, room 2408

**To cancel or postpone your test:**

**819-346-1110, Ext. 21049**

## Hôpital Fleurimont

3001, 12<sup>e</sup> Avenue Nord

Sherbrooke, Québec J1H 5N4

Use the main entrance, 3rd floor radiology reception desk

**To cancel or postpone your test:**

**819-346-1110, Ext. 13053**

## Centre de santé et de services sociaux du Granit

3569 rue Laval

Lac-Mégantic, QC G6B 1A5

Radiology reception desk on the ground floor

**To cancel or postpone your test:**

**819-583-0330, Ext. 37358**

### Author

Medical imaging and nuclear medicine team

### Revision and layout

Service des communications

Direction des ressources humaines, des communications et  
des affaires juridiques

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