



Barium Enema Preparation Requirements

As the lining of the large bowel must be clean, you will be asked to follow a special diet prior to the procedure. On the evening before the examination, a relatively strong laxative (Kleenprep) will be given and this should cause diarrhoea within approximately 4 hours.

The laxative and instructions will be issued by the x-ray department and carefully explained.

If you are pregnant, it is important to inform the radiographer before you have any X-rays taken.

Procedure

This usually takes approximately 30 minutes- an hour. A catheter will be placed in the rectum and a balloon inflated for retention.

A Barium solution will flow into the large bowel. You will be asked to turn in various directions to assist passage of the Barium throughout the large bowel.

Several images will be obtained in varying positions. You may experience mild bloating and discomfort during the examination, but this usually doesn't last long.

After Procedure

Immediately after the procedure you will be sent to the toilet to evacuate most of the residual Barium and the air that has been inserted. However, this is never complete and you may require to visit the toilet more frequently during the course of the day. You may experience some cramps after the procedure, but this should not interfere with your normal activities.