

Preparation Instructions for Patient

(Staff to the appropriate boxes)

IMPORTANT REMINDERS

3 days before Procedure: (date) _____

- Take low residue diet.
- Foods that may be consumed during this period are lean meat, steamed fish, boiled rice and boiled potato.
- Foods to AVOID are vegetables, brown bread and fruits.

2 days before Procedure: (date) _____

- Take **2 tablets of Dulcolax** after dinner.
- Drink at least 1.5 to 2 litres (6 – 8 cups) of water throughout the day.

1 day before Procedure: (date) _____

- At 8pm, take the laxative solution with plenty of water.
- Take another **2 tablets of Dulcolax** at 10 pm
- Drink at least 1.5 to 2 litres (6 – 8 cups) of water throughout the day

On the day of Procedure: (date) _____

- Insert the suppository into your rectum at 7am
- You are allowed to drink small amount of plain water for consumption of medication only
- For fasting diabetic patients, please stop all diabetic medications (including insulin injections) on the day of scan.
- Please empty your bladder before the procedure
- **Please fast** according to the stipulated timings below:

Duration of fast	Age Range
<input type="checkbox"/> Omit last feed	▪ < 1 year old
<input type="checkbox"/> 4 hours <i>Fasting start time:</i> _____	▪ 1 – 10 years old
<input type="checkbox"/> 6 hours <i>Fasting start time:</i> _____	▪ > 10 years old

**If appointment time is changed, please adjust fasting start time accordingly.*

- Other special instructions: _____

Please bring this leaflet on the day of your appointment

Barium Enema Water Soluble Contrast Enema

Patient Information Leaflet

National University Hospital

5 Lower Kent Ridge Road, Singapore 119074

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OneNUHS General Enquiries: contactus@nuhs.edu.sg

OneNUHS Appointments: appointment@nuhs.edu.sg

www.nuh.com.sg

Barium enema procedure is a specialised x-ray procedure of the large bowel. It involves the introduction of a contrast medium (usually barium based liquid) through the anus and rectum to render the large intestines visible on x-ray images.

What to Expect During the Procedure

- 1) You will be asked to change into a hospital gown. Please remove your underclothing and put on the gown provided. A locker will be provided for your convenience.
- 2) An intravenous cannula may be inserted into one of the veins in your hand/arm and an injection may be given through it to help relax your colon just before the procedure. Alternatively an intramuscular injection may be administered for the same purpose.
- 3) You will be asked to lie on your left side on the x-ray couch, and a well lubricated soft tube will be gently inserted into your rectum.
- 4) A Barium based liquid will be slowly introduced through this tube. Air will then be slowly introduced via the same tube to adequately distend your colon. This may cause slight discomfort and a sensation of bloatedness. You should restrain from passing the air out until the end of the procedure. If there is pain at any point, please inform the attending staff.
- 5) Depending on the indication of the study, an alternative contrast medium may be used.
- 6) You will be asked to move/turn to different positions and the table will be slightly tipped to get different views. At certain times when the x-ray pictures are taken, you will hold your breath and be still for a few seconds so the images won't be blurry.

After The Procedure

While most of the barium liquid will be drained out before the tube is removed, you are encouraged to go to the toilet after the procedure. To prevent constipation, you are advised to drink plenty of water, and take fruits and vegetables. You can expect your faeces to be white in colour for a few days after the procedure due to residual barium in your bowel. You may feel some cramping discomfort after the procedure when the muscle relaxant wears out and the colon starts to contract.

You are advised not to drive on the day of your procedure as the injection given may cause temporary blurring of vision for some patients.

Important Points to Note

- Please inform us before your appointment date if you are allergic to buscopan or glucagon.
- Please also inform us if you have glaucoma (high pressures in the eye), prostate problems or heart disease
- Do inform your doctor if you are or suspect that you may be **pregnant**.
- For fasting diabetic patients, please **stop** all diabetic medications (including insulin injections) on the day of the procedure
- Avoid smoking 24 hours before the procedure.

What Are The Risks?

Barium enema is generally a very safe procedure, but as with any medical procedure, complications such as perforation (a tear or a hole in the intestine) and allergic reactions to the contrast agent may occur. These risks are low and all necessary precautions are taken to minimize them. For any enquiries about the procedure, kindly approach any of our staff.

Should you have any queries or require further clarifications, please contact:

Department of Diagnostic Imaging
Tel: (65) 6772 3700
Fax: (65) 6779 5219
Email: DDI_enquiries@nuhs.edu.sg

Your Barium Enema Appointment

Diagnostic Imaging @ MB L2 (Mon – Fri, 8am – 6pm)

Patient Particulars:

Appointment Date/Time:

Estimated Fees for Outpatient:

Note:

- Please do not bring valuables or excess cash with you. Patients and visitors are responsible for personal belongings.
- No medical certificate can be issued for this appointment. Certificate of attendance will be given upon request.

Please arrive at least 15 minutes before the appointed time to register and prepare for the procedure.
We appreciate your understanding should an unforeseen delay occur due to medical exigencies.
Kindly inform us if you are unable to keep to the scheduled appointment.

This brochure is classified as Unclassified, Non-Sensitive

The information in this brochure is meant for educational purposes and should not be used as a substitute for Medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment, or if you have any questions related to your health, physical fitness or medical condition.

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