

**FAUQUIER  HOSPITAL**  
**MEDEICAL IMAGING DEPARTMENT**  
**[www.fauquierhealth.org](http://www.fauquierhealth.org)**  
**Questions? Call 540-316-4500**

**Barium Enema Patient Information and Preparation**

Your physician has requested that you have a barium enema examination.

Your appointment: \_\_\_\_\_ at \_\_\_\_\_  
(date) (time)

- *You **must** have a copy of the physician order with you when you come for your examination.*
- *Women who are pregnant, or suspect they may be pregnant, should not have a barium enema without consulting their physician.*

Questions about your medical history, including current medications and allergy information will be asked on the day of the exam. Please have a list of medications with you on the day of your exam.

**What is a BARIUM ENEMA examination?**

A barium enema examination uses a combination of x-rays and a rectally administered contrast mixture called barium to visualize your rectum and colon (lower digestive tract).

**How do I prepare for my BARIUM ENEMA examination?**

You must be on a **clear liquid diet for 24 hours** before the exam. Prior to this you must pick up a preparation kit called “Lo-So Prep” from the Medical Imaging desk at the hospital. This is a complete bowel cleansing/prep kit, including easy-to-follow instructions for the 24-hour prep. Please follow the instructions very closely.

You may drink water until 2 hours prior to the exam. You may take any regular, daily medication with a small amount of water. The success of your exam depends on you. It may be necessary to cancel your procedure if the instructions are not followed precisely.

Wear loose, comfortable clothing. You will be asked to change into a gown and robe prior to the exam and to bring your clothing and all of your belongings into the x-ray room with you.

**What can I expect during the BARIUM ENEMA examination?**

A radiologist (M.D.) performs the exam with assistance of a registered radiologic technologist. The technologist will explain the procedure in detail.

During the exam you will be asked to lie on a table. A tube will be inserted into your rectum and your colon will be filled with barium. You’ll feel like you need to go to the bathroom. A small balloon on the enema tip will help prevent you from moving your bowels. The radiologist will take x-rays during the procedure. Once the radiologist is finished, the technologist will take another set of images for the radiologist to review. You will be able to use the bathroom once all of the x-rays are taken. Each exam is different; however, most take approximately 30 minutes. (60 min. total visit time)

**What kind of effects will the BARIUM ENEMA examination have on me?**

There are no ill effects. You may resume normal activity immediately after your exam. To prevent constipation, you are encouraged to drink plenty of liquids, *especially water* for several days after the exam.

**How do I find out the results of my BARIUM ENEMA examination?**

Your exam will be reviewed by a radiologist who will send a report to your physician. The physician who ordered the test will give you the results.