

### What is a Barium Enema?

A barium enema is a special x-ray of the colon (large intestine). A barium enema is one of the procedures used to help diagnose suspected disease of the colon or on patients with a strong family history of bowel disease. This procedure is often done for people who are unable to have a colonoscopy.

### Who will be performing my procedure?

This procedure will be performed by a radiologist (medical doctor). A medical radiation technologist specializing in x-ray imaging will assist.

### What will happen before the procedure?

- **\*If you have any allergies, please tell the technologist**
- Upon arrival at Diagnostic Imaging (DI), you will change into a hospital gown
- Once in the x-ray room, the technologist will explain the procedure
- This procedure can be expected to take up to one hour
- The technologist/MRT will be available at all times, to answer questions and provide assistance as necessary.

### What will happen during the procedure?

- The technologist will insert a small lubricated tube into your rectum (anus)
- This tube will be used for the delivery of barium (a thick liquid that shows up white on the x-rays)
- Once the barium flow has started, you may experience a feeling of discomfort
- This will gradually subside
- It is important that you tighten your buttock muscles to keep the tube in place and the barium in your bowel
- The radiologist will control the equipment to take x-ray images and use a microphone to direct you into the required positions
- Once the x-rays are checked for quality, the tube will be removed and you can go to the washroom

### What should I expect after this procedure?

- Resume your normal diet. Please drink 8 glasses of water per day for the next 2 days. This will help the barium pass through your bowel.
- \*If you are on a fluid restricted diet, please discuss fluid intake with your own Health Care Provider.

### When will the results be available?

Your Health Care Provider will usually have a written report within one week from the radiologist. Your Health Care Provider will share the results with you. If there is urgency for the results, please have your doctor contact the DI department by phone.

**If you have any other questions, please contact a member of the DI Staff.**

**GWM: (613) 283-2330-1409**

If there is a possibility you are pregnant, please inform your Health Care Provider as the procedure may need to be postponed or the concern investigated in another way. **Patients with diabetes, heart, kidney, or liver failure should consult with their Health Care Provider before starting the bowel preparation process.**

Days before procedure	Required Preparations	Special Instructions
4 or more days before	<p><b>Purchase at the drugstore:</b></p> <ul style="list-style-type: none"> <li>1 packet <b>DULCOLAX</b> (Bisacodyl laxative). The packet contains 5 mg tablets. You will use 4 tablets.</li> <li>1 box <b>PICO-SALAX</b>. The box contains 2 packets. Follow the instructions below. NOT the instructions in the box.</li> </ul>	
3 days before	<p><b>At 5:00 pm:</b></p> <ul style="list-style-type: none"> <li>Take <b>2 DULCOLAX</b> tablets (5 mg each) with water.</li> </ul>	
2 days before	<p><b>At 5:00 pm:</b></p> <ul style="list-style-type: none"> <li>Take <b>2 DULCOLAX</b> tablets (5 mg each) with water.</li> </ul>	
1 day before	<p><b>At 11:00 am:</b></p> <ul style="list-style-type: none"> <li>Take the first packet of <b>PICO-SALAX</b>.</li> <li>Mix it in a 5 ounce (150 ml) mug of cold water.</li> <li>Stir well and while drinking to ensure all the laxative has dissolved.</li> <li>Drink at least one glass of water each hour over the next three hours.</li> <li>Drink extra clear fluids if desired.</li> <li>3-6 watery bowel movements should be produced</li> </ul> <p><b>At 3:00 pm:</b></p> <ul style="list-style-type: none"> <li>Take the second packet of <b>PICO-SALAX</b>.</li> <li>Mix in a 5 ounce (150 ml) mug of cold water</li> <li>Stir well and while drinking to ensure all the laxative has dissolved.</li> <li>Drink at least one glass of water each hour over the next three hours.</li> <li>Drink extra clear fluids if desired</li> <li>Watery bowel movements should continue to be produced</li> </ul> <p><b>At 12:00 pm and after:</b></p> <ul style="list-style-type: none"> <li>Do not eat or drink</li> </ul>	<p>Diet for this day is restricted to <b>CLEAR LIQUIDS ONLY</b> for the entire day.</p> <p><b>*Clear liquids can include apple juice, Jello, chicken broth, Gatorade/Powerade (clear), popsicles, water, ice, black tea or coffee and etc.</b></p> <p><b>NO MILK PRODUCTS or other liquid that you cannot see through are allowed. No solid food is allowed.</b></p>
Day of the test	<p><b>No breakfast</b> <b>No solids or liquids – 2-4oz of water only if desired</b></p>	<p>You may continue to take your routine oral medication with a small sip of water. Please do not use perfume or other scented products.</p>

**\*\*After the test drink lots of fluids and resume your normal diet\*\***