

Barium Enema

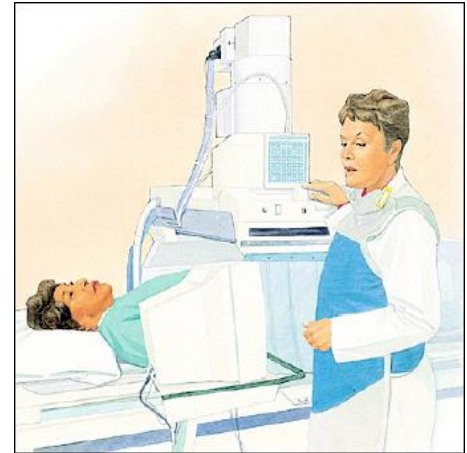
A **barium enema** is an x-ray exam of your rectum and colon. This test helps your doctor detect problems such as blockages, tumors, polyps, or other disorders.

Before Your Test

- Follow the dietary prep as outlined in the Bowel Cleansing Preparations instructions.

Let the technologist know about the following:

- Symptoms you're having
- Allergies
- Any previous surgery
- Medications you take
- If you're pregnant or think you may be



During Your Test

- A tube is inserted into your rectum.
- Your colon is filled with barium (a liquid that improves the X-ray images).
- You will be asked to move into different positions and hold your breath while x-rays are taken.
- Pressure may be applied to your belly to get the best images.
- The last X-ray will be taken after you go to the bathroom.

After Your Test

- It is recommended taking the remainder of your day off work or scheduled function due to the likelihood of additional barium evacuation post procedure.
- Drink plenty of water to relieve constipation you may have after the test.
- Your stool may appear white or light for a day or two.
- Follow up with your referring physician for results of the exam.