

## Barium Enema

Please read this before your appointment. Feel free to ask questions.

A **Barium Enema** is an x-ray exam of your large intestine. A radiologist performs the exam. A radiologist is a doctor who specializes in reading x-rays. A radiologic technologist assists the doctor. Usually this exam takes 45 minutes.

**You are scheduled for an exam at the following HealthEast facility:**

- St. John's Hospital
- St. Joseph's Hospital
- Woodwinds Health Campus

**Appointment Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_

Questions about scheduling, call: 651-232-5500

**Please let us know if you:**

- Are or might be pregnant.
- Know if you are allergic to barium or latex.

### Preparation

You will be given a bowel prep kit from your clinic prior to this test. Please follow the instructions and complete the prep.

### The Examination

When you arrive to the hospital, you will be asked to change your clothes and wear a hospital gown and robe. When you enter the exam room, the technologist will ask you a few medical history questions about you and your family.

You will be asked to lie on your side on an x-ray table. The technologist will place a lubricated, plastic enema tip inside the rectum. The radiologist will begin to fill the colon with barium. This barium is a contrast that can be seen on x-ray. Sometimes air will be used in addition to the barium. As the barium fills the colon, you will feel the strong need to use the bathroom. The enema tip is designed to help you hold the barium. As the radiologist is filling your colon and taking x-rays, you will be asked to roll from side to side on the table. When asked, you will need to remain still for the x-rays and hold your breath. At times, light pressure may be applied to your stomach and the table may tilt slightly.

### When the Exam Is Completed

The radiologist will study the pictures. The radiologist will then tell your doctor what was found on the pictures. Your doctor will explain the results to you. Unless your doctor tells you differently, you may return to your normal diet and activities.

**Prevent Constipation**

To reduce the risk of constipation, drink plenty of water to remove the remaining barium. Your stools may appear light colored for the next few days. Feel free to ask questions if something is not clear to you. We welcome your comments.

**At HealthEast, we are dedicated to providing the best possible care. Thank you for taking time to read these instructions. We hope to make your experience as pleasant as possible.**

**Billing Information**

You will receive two bills for this exam.

1. The technical fee is for doing the procedure. It will be from the HealthEast facility. If you have questions regarding this bill, call 651-232-1100.
2. The professional fee is for the radiologist's time. It will be from the radiologist's group. There will be a phone number on the bill that you may call if you have any questions regarding the charge.

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Materials provided by HealthEast Patient Education Service. For 24 hour access and referral:  
HealthEast Care Connection: 651/326-CARE (2273) · 1-866-326-CARE (toll free)  
· [www.healtheast.org](http://www.healtheast.org)