

## Barium Enema

A **barium enema** is an x-ray exam of your rectum and colon. This test helps the radiologist detect problems such as a blockage, a tumor, polyps, or other disorders. You will need to schedule this test with Central Scheduling (630-856-7070).

### Before Your Test

- It is important that you follow the instructions exactly for the prep that you received. This will include a liquid diet and bowel cleansing medications.
- Do not eat or drink the day of your exam.
- Please, if you feel concerned or embarrassed, do not hesitate to ask for a male or female technologist to insert the enema tip. We know that this is not the most comfortable exam so please let us know if there is anything we can do to help.

#### Let the technologist know about the following:

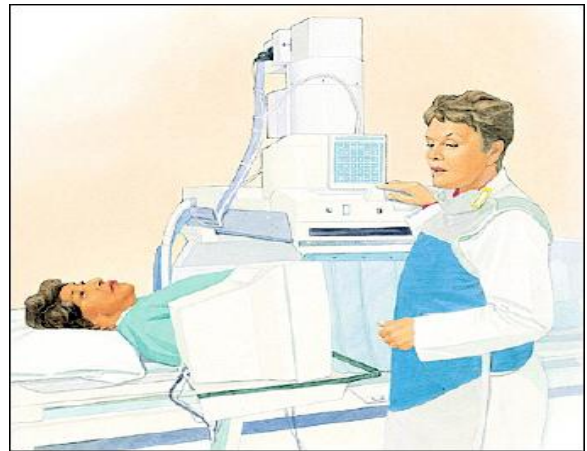
- Symptoms you're having
- Allergies
- Any previous surgery
- Medications you take
- You're pregnant or think you may be

### During Your Test

- A tube is inserted into your rectum.
- Your colon is filled with barium (a liquid that improves the x-ray images) and possibly air.
- You will be asked to move into different positions and hold your breath while x-rays are taken and some pressure may be applied to your belly to get the best images.
- You may have some additional x-rays after you have gone to the bathroom.

### After Your Test

- Drink plenty of water to relieve constipation you may have after the test. Contact your doctor if you have any difficulties with your bowel movements.
- Your stool may appear white or light for a day or two.
- Contact your doctor's office for results of your exam.



**A series of x-rays will be taken during your exam.**