

Colon With or Without Air

Patient: _____

Appointment Date: _____ Time: _____ am / pm

Location: Diagnostic Imaging Department at Mankato Clinic
1230 East Main Street, Mankato, MN 56001

Before the Exam:

A barium enema (colon x-ray) uses fluoroscopy (moving x-rays) to detect changes or abnormalities in your colon.

- **Begin a clear liquid diet. No solid foods.** Drink only clear liquids for breakfast, lunch and dinner. It is important that you drink a variety of clear liquid beverages with calories to prevent dehydration.
- Before scheduling your exam, please tell your provider if you are pregnant or think you may be pregnant.
- Preparation for a barium enema begins in the morning; the day before your exam your physician/health care provider will provide you with a preparation kit that will cleanse your bowel making it easier to visualize your colon. Please read through the instructions prior to beginning the prep and follow the instructions carefully as an incomplete preparation may result in rescheduling your exam.
- Discuss with your physician/health care provider which medications you may take the morning of your exam with a small sip of water.
- On the day of your exam, you may brush your teeth but **do not** drink any water while doing so.

During the Exam:

- You will be asked to undress. A gown will be provided.
- You will be asked to lie on your left side on the exam table.
- A small plastic tube containing a balloon will be inserted in your rectum. A small amount of air will be used to inflate the balloon making it easier to hold a chalky solution called barium in your colon. Barium makes it possible to visualize your colon.
- The barium will flow into your colon through the tube. Air may be used to distend (expand) the colon.
- You will be asked to move into different positions while the images are taken.
- After the exam, the barium will be drained out of your colon through the tube. The tube will be removed and you will be assisted to the bathroom to clear as much of the remaining barium from your colon as possible. One or two x-rays may be taken to complete the exam.

After the Exam:

- You may resume your regular diet unless you have been given other instructions.
- Drink plenty of water for the next 24 hours to prevent constipation. If you become constipated, you may take an over-the-counter laxative.
- Your stools will be white until all the barium has passed through your system.

Your exam will be reviewed and read by a Radiologist within the next 24 hours. A report will go to your provider for him/her to review. Your provider is responsible for communicating the results to you and this will be done by letter, a phone call, or a follow up appointment. If you don't have a follow up appointment scheduled and have not heard anything within a week, you have the right to call your provider's department and inquire about results.

If you are unable to keep your appointment or have questions about your exam, please call 507-389-8570.

Please check in at Patient Registration prior to going to the Diagnostic Imaging Department.