



## **Preparing for your barium enema**

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**If you are a lady of child bearing age this procedure must be carried out within the first 10 days of your cycle. If there is any possibility that you may be pregnant please inform us immediately on receipt of this appointment.**

### **What will your examination involve?**

On arrival in X-ray you will be asked to change into a hospital gown. You can bring your own dressing gown to wear over the hospital gown if you wish. Once in the X-ray room you will be asked to lie on the table. The Radiologist will insert a small tube into your rectum through which a mixture of barium and air is passed. Images are taken with you lying in various positions. Once the examination is completed most of the barium is drawn back in to the bag and you will then be directed to the toilet. A typical examination takes 20 to 40 minutes. You are able to resume eating normally immediately after the x-ray. Your stools may appear white for a day or so. You should drink plenty of water for 24 hours after the examination to help clear out the barium. The result will be sent to your referring doctor within 10 working days. After the examination you will be well enough to go home or back to work.

### **Is there any preparation before this examination?**

You may need to take the day off work prior to the examination in order for you to be fully prepared for your procedure.

The best images from this examination depend on the bowel being as clear as possible.

You will need to follow a special diet and take the prescribed laxative – 2 sachets of Citra Fleet. (***CITRA FLEET CAN BE COLLECTED AT THE MAIN RECEPTION, X-RAY DEPARTMENT***)

***YOU WILL HAVE TO EMPTY THE BOWEL AT REGULAR INTERVALS AFTER TAKING CITRA FLEET.***

### **DIET TO BE FOLLOWED DAY BEFORE EXAMINATION**

#### **Before *Breakfast* (not later than 8.00 am.)**

Take the first sachet of CITRA FLEET (mix contents of 1 sachet with cold water, approximately 150ml and stir for 2-3 minutes).

***Breakfast*** (between 8.00 am and 9.00 am). ***Boiled*** or poached egg and /or white bread (a scraping of butter/margarine is allowed but no jam/marmalade).

***Lunch*** (between 12.00 noon and 1.30 pm). A small portion of steamed, poached or grilled white fish or chicken may be taken with a very small potato or white bread.

***2 Hours after Lunch*** (not later than 4.00 pm). Take the second sachet of ***CITRA FLEET*** (as above).

***Supper*** (between 7.00 pm and 9.00 pm). Clear soup may be taken. **FAST FROM MIDNIGHT**

***No solid food is allowed until after the examination.*** Drink plenty of fluids throughout the day, e.g. water, clear soups. Tea or coffee should not be taken later than mid-afternoon.

**Please read drug information leaflet included in the Citra Fleet pack.**