

# Barium Enema

A barium enema is an x-ray test of the large intestine also called the colon. This test lets your doctor see the lining of your colon and rectum.

If you take medicines each day, ask your doctor which of your medicines you should take the day before and the morning of the test.

**If you are pregnant, or think you might be, tell the staff before the x-ray is taken.**

**Arrive on time for your test.** Plan on this test taking about 1 hour.

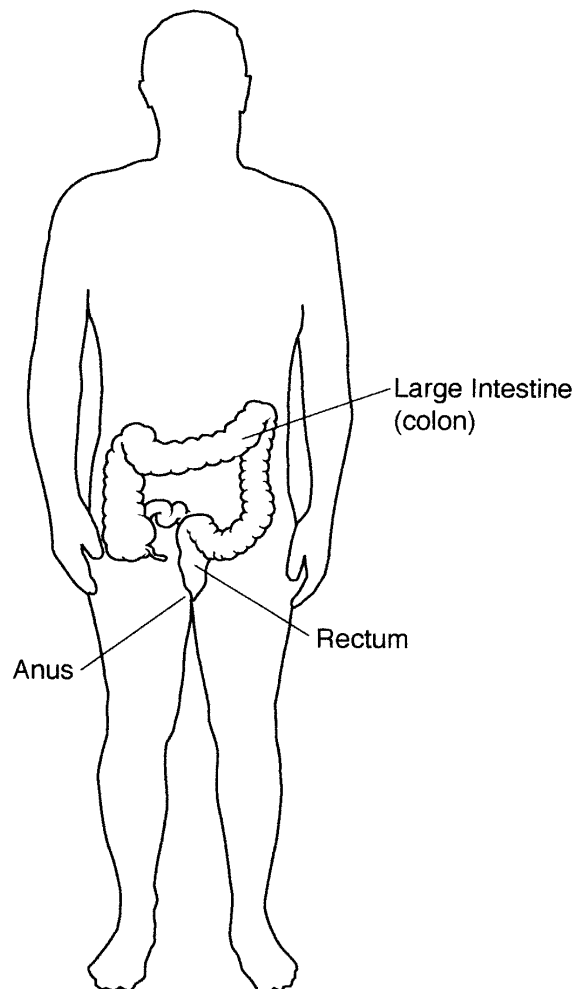
Before the test, buy the supplies that are checked below from your local pharmacy.

- A 10-ounce bottle of Magnesium Citrate
- A small box of Biscodyl (Dulcolax) tablets

## The Day Before Your Test

Your colon and rectum must be empty of all stool before this test.

- Do not eat solid foods or drink milk products.
- Drink clear liquids only.



# Xiidmo Raajayn (Barium Enema)

*Barium enema* waa raajo saaridda xiidmaha waaweyn oo sidoo kale loo yaqaanno xiidan. Baaritaankaan wuxuu dhakhtarka u oggolaanayaa inuu arko dhinacyada xiidanka ama malawadka.

Haddii aad qaadatid daawooyin maalin walba, dhakhtarkaaga weydii midkee daawooyinkaaga ay tahay inaad qaadatid maalinta ka horreysa iyo subaxda baaritaanka.

**Haddii aad uur leedahay, ama aad u maleyneysid inaad uur yeelato, u sheeg shaqaalaha intaan raajada lagu saarin ka hor.**

**Baaritaanka waqtiga ku imow.** Qorsheyso inuu baaritaankaagu qaato ilaa 1 saac.

Baaritaanka ka hor, farmashiyaha xaafadda ka soo iibso qalabka hoos lagu xarriiqay.

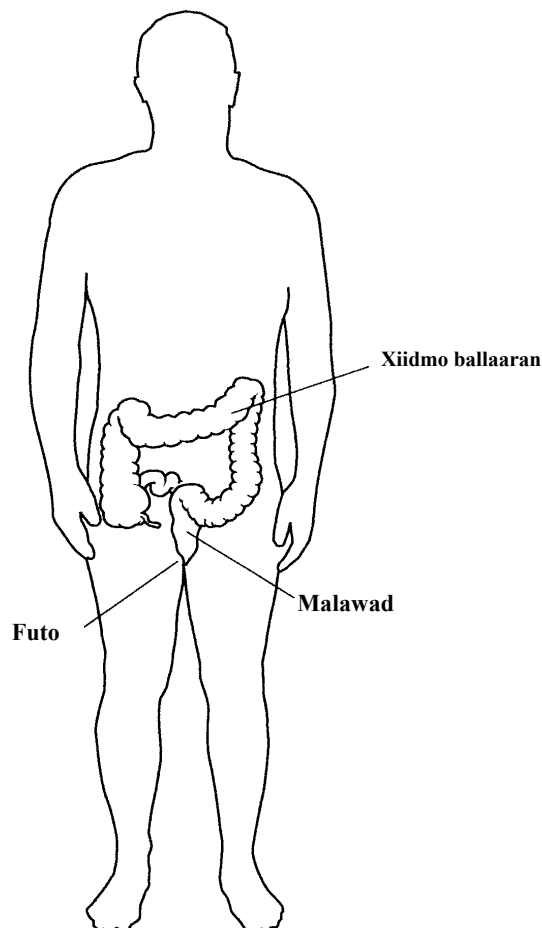
- Dhalada A 296 ml (10-ounce) ee Magnesium Citrate
- Sanduuq yar ee kaniiniyada Biscodyl (Dulcolax)

## Maalinta ka Horreysa Baaritaankaaga

Xiidankaaga iyo malawadkuba waa in ay ka madhnaadaan wax saxaro ah baaritaankaan ka hor.

- Ha cunin cunnooyin adag ama ha cabin wax caano ah ama caano ka sameysan.
- Cab dareeryaal badhax la' oo keliya.

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- Water
- Clear broth or bouillon
- Clear fruit juices without pulp such as apple, white grape, and lemonade
- Clear drinks such as lemon-lime soda, Kool-aid or sport drinks
- Coffee or tea without milk or nondairy creamer
- Jello or popsicles
- Between 10 AM and 5 PM:
  - Drink four, 8 ounce or 240 ml glasses of water.
- At 1 PM:
  - Pour the whole, 10 oz. bottle of Magnesium Citrate over ice and drink it.
  - Take 2 Biscodyl (Dulcolax) tablets.
- At 5 PM:
  - Take 2 more Biscodyl (Dulcolax) tablets with 8 ounces or 240 ml of water.
- You will need to use the toilet often during the afternoon and evening.
- After midnight:
  - Do not eat or drink anything, including water.

## **The Morning of Your Test**

If you are to take medicine, take with sips of water only.

## **During the Test**

- You will wear a hospital gown.
- You lie on an x-ray table below a machine that looks like a TV.

- Biyo
- Maraq ama bouillon
- Casiir furuto oo cad oo aan lahayn coodh coodh sida tufaaxa, canabka cad, iyo liin
- Cabitaanno cad sida soodhada liinta, kuul-aydh ama cabitaannada cayaaraha
- Qaxwo ama shaah aan caano lagu darin ama labeen caano lahayn
- Jello ama jallaato-qori
- Inta u dhexeysa 10 SUBAXNIMO iyo 5 GALABNIMO:
  - Cab afar, 240 ml ama 8 ounce koob oo biyo ah.
- Markay tahay 1 DUHURNIMO:
  - Ku shub dhalada, 296 ml (10 oz.) ah oo dhan ee Magnesium Citrate baraf ka dibna cab.
  - Qaado 2 kaniini oo Biscodyl (Dulcolax) ah.
- Markay tahay 5 GALABNIMO:
  - Qaado 2 kaniini oo kale Biscodyl (Dulcolax) kuna qaado 240 ml ama 8 ounces oo biyo ah.
- Waxaad u baahan doontaa inaad badanaa isticmaashid musqul waqtiga galabtii iyo habeenkii.
- Bartmaha habeenka ka dib:
  - Waxna ha cunin waxnana ha cabbin, marka lagu daro biyo.

## **Subaxda Baaritaankaaga**

Haddii ay tahay inaad qaadatid daawo, ku qaado kabbashooyin biyo ah oo keliya.

## **Waqtiga Baaritaanka**

- Waxaad xidhan doontaa goonnada isbitaalka.
- Waxaad ku seexan doontaa miiska raajada oo ka hooseeya makiinad u eg TV.

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- A tube is put into your rectum. The doctor watches as a barium mixture and some air flows through the tube into your colon. You are asked to roll on your side during the test.
- You may feel cramping and pressure. Take slow deep breaths through your mouth to help you relax.
- X-rays are taken. You will be asked to hold your breath at times.
- The tube will be removed. You will be taken to a toilet to empty the barium and air mixture from your colon.
- Another x-ray may be taken to finish your test.
- Test results are sent to your doctor. Your doctor will share the results with you.

### **After the Test**

You will be able to eat your normal diet. Drink plenty of water and other liquids the next 2-3 days. Avoid carbonated drinks during this time because they may cause you to have gas. Eat whole grains, fruits and vegetables, and/or take a mild laxative to help remove the barium. Your stool will be light in color due to the barium for a day or so after the test.

**Talk to your doctor or nurse if you have any questions or concerns.**

- Tubbo ayaa malawadka lagaa gelinayaa. Dhakhtarku wuxuu daawanayaa sida isku dhafka barium iyo xoogaa hawo ah ay u marayaan tubbada oo u gelayaan xiidankaaga. Waxaa lagu weydiinayaa inaad dhinac isu rog-rogto waqtiga baaritaanka.
- Waxaa laga yaabaa inaad casiraad iyo cadaadis dareento. Afka ka qaado neef gaabisa oo qoto dheer si ay kaaga caawiso inaad is debciso.
- Raajo ayaa lagaa qaadayaa. Waxaa lagu weydiin doonaa inaad mararka qaarkood neefta isku celisid.
- Tubbada ayaa lagaa saari doonaa. Waxaa lagu kaxayn doonaa musqusha si aad barium-ka iyo hawada isku dhafan aad xiidankaaga uga banneysid.
- Raajo kale ayaa laga yaabaa in lagaa qaado si baaritaanka loo dhammeeyo.
- Natiijooyinka baaritaanka waxaa loo dirayaa dhakhtarkaaga. Dhakhtarkaagu adiga ayuu natiijooyinka kula wadaagi doonaa.

## **Baaritaanka ka Dib**

Waxaad awoodi doontaa in aad cunto cuntaadii caadiga ahayd. Aad biyo fara badan cabto iyo dareeyaasha kale 2-3 maalmood ee ku xigta. Ka fogow cabitaannada karboonaatada leh muddada waqtigaan maxaa yeelay waxaa laga yaabaa in ay keenaan inaad gaas yeelato. Cun miraha isudhan, furuto iyo khudrad, iyo/ama qaado calool jilciye fudud si uu kaaga caawiyo in aad iska soo saarto barium-ka. Saxaradaada midabkeedu khafiif ayuu noqon doonaa barium-ka awgiis hal maalin ama wax la mid ah baaritaanka ka dib.

**U sheeg dhakhtarkaaga ama kalkaalisada haddii aad wax su'aalo ah ama walaac ah qabtid.**

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