

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.

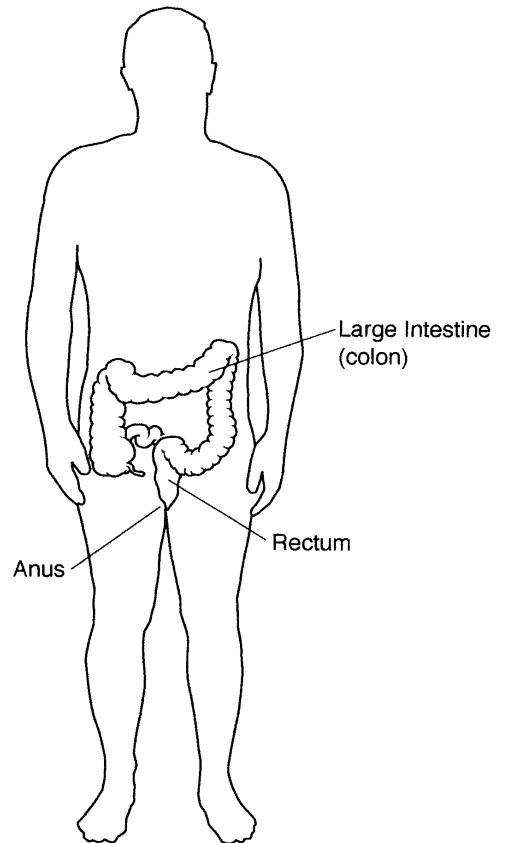
Before the test, buy the supplies that are checked below from your local pharmacy.

- 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.
- **Do not** drink any red or purple liquids. Drink clear liquids only, such as:
 - ▶ 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
 - ▶ Decaffeinated coffee or tea without milk or nondairy creamer
 - ▶ Jello or popsicles



Enema de bario

Una enema de bario es un examen radiológico del intestino grueso (colon). Este examen le permite al médico ver las paredes del colon y el recto.

Si toma medicamentos todos los días, pregúntele a su médico cuáles debe tomar el día antes y en la mañana del examen.

Si está embarazada o cree estarlo, avísele al personal antes de que le tomen la radiografía.

Llegue puntualmente a su examen. Disponga de aproximadamente una hora para este examen.

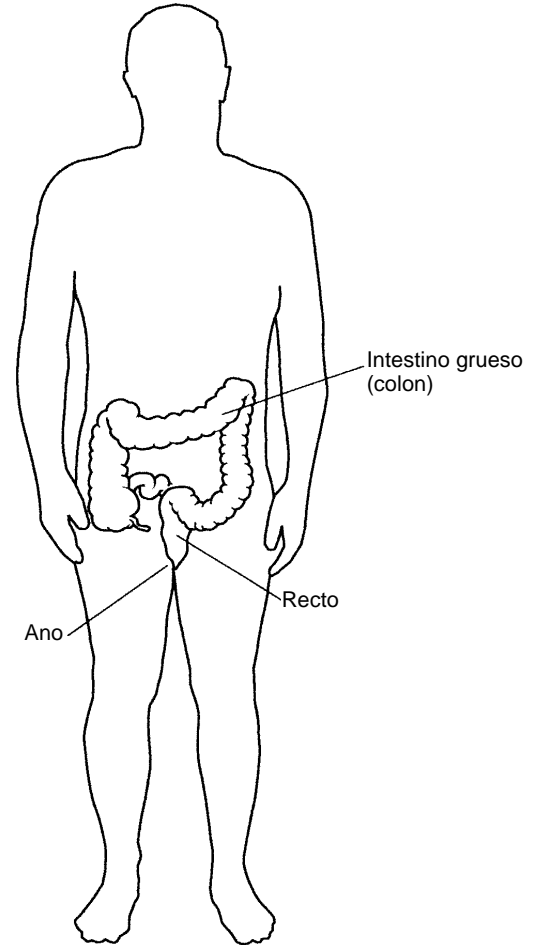
Antes del examen, compre los suministros que están marcados a continuación en su farmacia más cercana.

- Una botella de 10 onzas de citrato de magnesio
- Una caja pequeña de tabletas de bisacodilo (Dulcolax)

El día antes del examen

El colon y el recto deben estar completamente limpios de materia fecal antes de este examen.

- **No** coma nada sólido ni consuma productos lácteos.
- **No** beba líquidos de color rojo ni púrpura. Beba sólo líquidos claros. Por ejemplo, puede beber:
 - ▶ Agua
 - ▶ Caldo o consomé claro
 - ▶ Jugos claros de fruta sin pulpa como los de manzana, uva blanca y limonada
 - ▶ Refrescos claros como el de lima-limón, Kool-aid o bebidas deportivas
 - ▶ Café o té descafeinado sin leche ni crema no láctea
 - ▶ Gelatina o paletas de helado



- Between 10 AM and 5 PM:
 - ▶ Drink four, 8 ounce or 240 ml glasses of water.
- At 1 PM:
 - ▶ Pour the whole, 10-ounce 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.
- 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.

- Entre 10 a.m. y 5 p.m.:
 - ▶ Beba cuatro vasos de 8 onzas (240 ml) de agua.
- A la 1:00 p.m.:
 - ▶ Vierta toda la botella de 10 onzas de citrato de magnesio sobre hielo y bébalo.
 - ▶ Tome 2 tabletas de bisacodilo (Dulcolax).
- A las 5:00 p.m.:
 - ▶ Tome 2 tabletas más de bisacodilo (Dulcolax) con 8 onzas (240 ml) de agua.
- Tendrá que usar el baño con frecuencia durante la tarde y la noche.
- Después de medianoche:
 - ▶ No coma ni beba nada, ni siquiera agua.

La mañana del examen

Si tiene que tomar un medicamento, tómelo sólo con sorbos de agua.

Durante el examen

- Usará una bata de hospital.
- Estará acostado sobre la mesa de radiografías debajo de una máquina que parece un televisor.
- Se le insertará una sonda por el recto. El médico observa a medida que una mezcla de bario y un poco de aire fluyen a través de la sonda hacia el colon. Se le pedirá que se ponga de costado durante el examen.
- Es posible que sienta calambres y presión. Inhale profunda y lentamente por la boca, lo que lo ayudará a relajarse.
- Se tomarán radiografías. Le pedirán que contenga la respiración por momentos.
- Luego, se retirará la sonda. Se le llevará a un baño para que elimine la mezcla de bario y aire del colon.

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.

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Después del examen

Podrá volver a comer su dieta normal. Beba bastante agua y otros líquidos durante los próximos 2 a 3 días. Evite las bebidas carbonatadas durante este tiempo porque le pueden producir gases. Coma granos enteros, frutas y verduras, y/o tome un laxante suave para ayudar a eliminar el bario. Sus deposiciones serán de color claro por un par de días después del examen, producto del bario.

Hable con su médico o enfermera si tiene alguna pregunta o duda.

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