



## Barium Enema (BE) Instructions

### What is a barium enema?

A barium enema is a test that helps doctors look at the colon.

- An **enema** is a liquid that is inserted into the rectum (end of large intestine) to stimulate a bowel movement.
- The **colon** is another name for the large intestine.
- **Barium** is a white liquid that allows the colon to be seen by an X-ray machine.

### Is there preparation for a barium enema?

- A barium enema is different for each child. Talk with your child's doctor or nurse. They will tell you how to prepare your child for this test.
- Give all medicine at the regular time unless the doctor or nurse tell you differently.

### What happens during a barium enema?

- A child life specialist may be available to help prepare, distract and support your child. Child life specialists help ease fears and anxieties that some children have during hospital visits.
- Your child will lie on the X-ray table.
- The radiology technologist will place the tip of a syringe into the rectum.
- Your child's colon is filled with the barium solution so the doctors can see the colon with the X-ray camera.
- X-ray images will be taken of your child. The doctor may ask your child to turn on their side or stomach during the test.
- Your child will be able to go to the bathroom after the barium enema.
- The whole test may take one to two hours.

### What happens after a barium enema?

- Give your child extra fluids, such as water or fruit juice, for 24 hours after the test to prevent constipation.
- Your child's bowel movement may look white or gray after a barium enema.

If your child is ill (fever, cough, flu, etc.), please cancel or reschedule your child's appointment. If you have any questions or concerns about this procedure, please call 214-559-8572.