



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 fluid or solution that is inserted into the rectum to cause 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.
- If your child is ill (fever, cough, flu, etc.), or if you have any questions or concerns about this procedure, please call **Radiology Scheduling** at 214-559-8572.

What happens during a barium enema?

1. A certified 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 their hospital visits.
2. Your child will lie on the X-ray table and will be given a barium enema by the Radiology staff.
3. X-ray images will be taken of your child.
4. Your child will be able to go to the bathroom after the barium enema.
5. The whole procedure may take approximately one to two hours.

Is there preparation for a barium enema?

- A barium enema exam is different for each child. It is important that you talk with your child's doctor or nurse. They will tell you how to prepare your child for this exam.
- Give all medicine at the regular time unless otherwise directed by a Radiology nurse.

What happens after a barium enema?

- Increase fluids for 24 hours after the exam to prevent constipation. (For example, water or fruit juices.)

Please call 214-559-8572 if you need to cancel or reschedule your child's appointment or if you have any questions or concerns about this procedure.