

Smoke Free

Please remember that all Central Health sites are smoke-free.



Please do not smoke while visiting Central Health sites.

Thank you!



▶ Diagnostic Imaging

James Paton Memorial Regional Health Centre,
125 Trans Canada Highway,
Gander, NL A1V 1P7

Central Newfoundland Regional Health Centre,
50 Union Street,
Grand Falls-Windsor, NL A2A 2E1

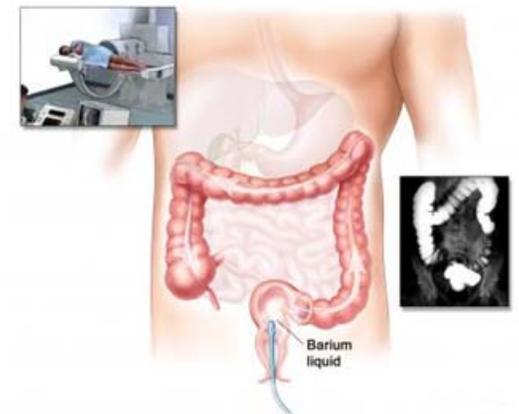
CH-DI 005

Diagnostic Imaging



Central Health

Having a barium enema



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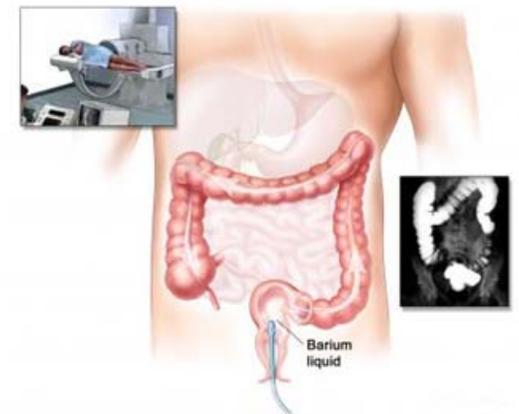
CH-DI 005

Diagnostic Imaging



Central Health

Having a barium enema



Diagnostic Imaging - Barium enema

This x-ray examination of your lower digestive tract (colon or large bowel) will be done by a radiologist and a technologist who is an expert in the use of x-ray equipment.

Preparation and procedure

Special diet and laxative requirements must be followed on the day prior to the examination. This information will be included in your appointment letter.

For this examination, you will be required to change into a gown, then be positioned on the x-ray table, a lubricated enema tip will be placed into your rectum and a liquid barium mixture will be released into your colon. The tip of the tube is designed to help you hold the solution, but if you experience any difficulty, tell the radiologist or technologist.

The barium solution helps visualize the colon so you will be required to move from side to side and hold different positions. The doctor may apply pressure to your abdomen or ask that you stay

perfectly still while holding your breath as the x-ray is taken.

After the radiologist has taken some x-rays, the technologist will take more x-rays with another piece of equipment. Then you will be allowed to expel the barium in the bathroom.

The procedure can take up to one hour to complete and is usually done in the morning. After this procedure, you may become constipated from the barium solution. Drink lots of liquids (e.g., orange juice), increase your fibre intake by eating bran and whole wheat products (bran cereal or bran muffins) for a few days.

Please note: *If you have any further questions, please contact your healthcare provider, radiologist or technologist at the site where your test is scheduled before your examination.*

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