

The barium may take several days to pass through your system. You should drink plenty of fluids and eat high fibre foods such as fruit, vegetables, wholemeal bread etc, for the next few days. This will help the barium pass through more quickly.

You may notice that your stools (faeces) are white during the next few days. This is perfectly normal.

We will send the results of your examination to the doctor who requested it as soon as they are available.

We recommend that you leave any valuables or jewellery at home as they may need to be removed for the examination.

Are there any risks or complications?

The Health Protection Agency (HPA) has calculated that:

An X-ray that this type of examination is the equivalent of a few years' worth of background radiation and has a 1 in 1,000 to 10,000 chance of causing cancer.

Although this examination involves the use of X-rays, your doctor will have decided that the benefit of having the scan far outweighs any risks.

It is also worth noting that these risk levels only represent very small additions to the 1 in 3 chance we all have of getting cancer.

No Smoking Policy

Please protect our patients, visitors and staff by adhering to our no smoking policy. Smoking is not permitted in any of our hospital buildings or grounds, except in the dedicated smoking shelters in the grounds of our Hospital site.

For advice and support on how to give up smoking, go to www.nhs.uk/smokefree.

Translation and Interpretation Service

It is our policy that family, relatives or friends cannot interpret for patients. Should you require an interpreter ask a member of staff to arrange it for you.

تصن سیاستنا علی عدم السماح لافراد عائلة المرضى او اقاربهم او اصداقائهم بالترجمة لهم. اذا احتجت الى مترجم فيرجى ان تطلب ذلك من احد العاملين ليرتب لك ذلك.

بماری یہ پالیسی ہے کہ خاندان، رشتہ دار اور دوست مریضوں کے لئے ترجمہ نہیں کر سکتے۔ اگر آپ کو مترجم کی ضرورت ہے تو عملے کے کسی رکن سے کہیں کہ وہ آپ کے لئے اس کا بندوبست کر دے۔

ইহা আমাদের নীতি যে, একজন রোগীর জন্য তার পরিবারের সদস্য, আত্মীয় বা কোন বন্ধু অনুবাদক হতে পারবেন না। আপনার একজন অনুবাদকের প্রয়োজন হলে তা একজন কর্মচারীকে জানান অনুবাদকের ব্যবস্থা করার জন্য।

Nasze zasady nie pozwalają na korzystanie z pomocy członków rodzin pacjentów, ich przyjaciół lub ich krewnych jako tłumaczy. Jeśli potrzebują Państwo tłumacza, prosimy o kontakt z członkiem personelu, który zorganizuje go dla Państwa.

Waa nidaamkeena in qoys, qaraaboamasaaxiiboaysanu tarjumikarinbukaanka. Haddiiaad u baahatotarjumaankacadosxubinka mid ah shaqaalahainaykusameeyaan.

我们的方针是，家属，亲戚和朋友不能为病人做口译。如果您需要口译员，请叫员工给您安排。



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Manchester Royal Infirmary

Small Bowel Enema

Information for Patients



Please read all of this leaflet. It contains important information about how you should prepare for your examination.

The date and time of your appointment are shown in your letter.

If you:

- have any questions about this examination
- would like an interpreter
- are pregnant or think you may be pregnant

Please contact the receptionist on: (0161) 276 6083/8601 between 8.00 am and 5.00 pm.

If you are unable to come to this appointment, please contact the department as soon as possible. We will not automatically give a second appointment.

Small bowel enema

A small bowel enema is a special X-ray examination of part of your bowel. It is difficult to see the bowel on ordinary X-rays but we can show it by using barium. Barium is a harmless chalky liquid, which we will use to outline the bowel.

For this examination to be successful it is important that your stomach is empty, therefore you must follow these instructions carefully.

If you **have diabetes** please contact the department before following these instructions.

Instructions for preparation

The day before the examination you should eat only low fibre (low residue) foods. You can eat foods such as:

Foods allowed

- **Lean** meat and white fish;
- **Dairy** produce without added fruit or nuts;
- **White** bread, **white** rice, **white** pasta;
- **Plain** biscuits, such as Rich Tea, Milk and Nice Biscuits, crackers and cake i.e. without fruit, nuts or bran.
- Breakfast cereal without added fruit, nuts bran or fibre.
- Boiled sweets, chocolate (without fruit or nuts) seedless jam and honey
- Melon, carrots, cauliflower and peeled boiled/mashed potatoes.

Foods to be avoided

- Fruit and vegetables except for melon, carrots, cauliflower and boiled/mashed potatoes.
- Biscuits, crackers and cake **containing** fruit, nuts or bran, including digestive biscuits.

You should drink plenty of fluids throughout the day.

On the day of your appointment please do not eat or drink anything for the six hours before your appointment time.

Please continue to take any medicine or tablets that you are taking with a small amount of water.

What to expect

The examination usually takes about 45 minutes to an hour to complete. When you arrive in the X-ray department you will be asked to change into an X-ray gown.

The examination will be carried out by a Radiologist (a doctor specialising in X-ray examinations) and a Radiographer.

We will use a local anaesthetic spray to numb the back of your throat. A small thin flexible tube will then be passed into your nose and down your throat, through to your stomach and into your small bowel. You may feel a little discomfort but it should not be painful.

The liquid barium is fed down the tube into your bowel. X-ray pictures are shown on a TV screen so that we can follow the course of the barium along the bowel. We will ask you to move into different positions on the table allowing X-ray pictures to be taken.

Aftercare

Because we use a local anaesthetic spray, you will not be able to eat or drink until the feeling in your throat has returned. This usually takes 4-6 hours. After the feeling in your throat has returned you can eat and drink as normal.