

X-Ray Contrast Enema Following Bowel Surgery

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This examination, which we do after you have had a colostomy or ileostomy, is a special X-ray examination to look at the part of your bowel, which is not being used at the moment. We recommend that you bring a spare colostomy bag with you.

It is difficult to see the bowel on ordinary x-rays, but it can be shown by using x-ray contrast. X-ray contrast is a harmless liquid, which we use to outline your bowel.

What happens during an X-Ray Contrast Enema examination?

A trained specialist doctor called a radiologist, or a trained specialist radiographer will perform your x-ray contrast enema procedure.

- You will be asked to change into a hospital gown.
- You might be asked to remove certain items of clothing and jewellery.
- The person completing the procedure will ask you to confirm some details including date of birth and pregnancy status.

We will ask you to lie on the x-ray table. A small thin tube will then be inserted into your back passage (rectum). The x-ray contrast and some air will then be fed into your bowel. We will ask you to move into different positions on the table to allow the x-rays to be taken.

Will I feel any pain?

During your examination you may feel uncomfortable, but it should not be painful. To make the procedure more comfortable you may be given a small injection of a muscle relaxant.

This injection may also make your eyesight blurred for a short time. It is important that you do not drive after your examination until your vision has returned to normal. This will take at least 30 minutes.

Are there any risks with this examination?

Radiation risk

X-rays are of a type of radiation known as ionising radiation. The dose that you get from a medical exposure is very low and risks are minimal.

The radiation is similar in strength to other sources of natural radiation that people are exposed to everyday without even realising.

The radiographer is responsible for making sure that your dose is kept as low as possible and that the benefits of having the x-ray outweigh any risk.

Contrast risk

We will need to give you contrast dye to make areas of your body show up more clearly.

The radiographers will complete a checklist to ensure it is safe for you to have the dye and you will be asked to sign this form as a consent, the specific side effects are documented on the checklists that you complete.

The contrast dye that is sometimes used can cause allergic reactions however the staff available will be checking for any risks before we proceed.

Is there anything I need to inform you of before I attend for my appointment?

Pregnancy:

Radiation can be harmful for an unborn baby. If you are or think you may be pregnant you must tell the radiographer before the examination.

How do I prepare for my x-ray Contrast Enema following bowel surgery?

For this examination, unlike the x-ray contrast enema you may have had in the past or an x-ray contrast examination through your stoma, you do not need any special preparation.

Clothes and accessories:

There are some clothes that can affect the quality of the x-ray and you may be asked to remove them and wear a hospital gown.

You may also be asked to remove jewellery, dentures, glasses and any metal objects or clothing that might interfere with the x-ray images.

Help and support in the department

If you have any medical problem which you feel may affect your safety in the department, or if you feel you may need any assistance, please let us know when you arrive.

Do I need to give my permission (consent)?

The radiographer will ask you if you understand the examination, risks and benefits and that you want the examination to go ahead. This is called verbal consent and might only involve the radiographer checking you are booked for the correct examination.

If you do not wish to have the examination or are undecided, please ask the radiographer / radiologist so that they can answer any questions you may have.

Remember, it is your decision. You can change your mind at any time and your wishes will be respected.

How long will it take?

Usually, the examination takes about 20 minutes.

What happens after the X-ray Contrast Enema examination following bowel surgery?

As soon as the radiographer or radiologist is satisfied that no more x-rays are needed, you will be free to leave the department.

You may want to bring something to protect your clothes in case the contrast leaks on the way home.

After the examination you can eat and drink as normal.

The X-ray contrast may take several days to pass through your system.

When will I get my results?

The images will be studied by a radiologist and the results will be sent to the person who referred you for the examination.

The radiographer will tell you how to get your results and how long it will take, as this may be slightly different for each patient.

You may already have an appointment with the clinician who referred you. If not, please contact them to arrange a time to talk about the results and any treatment you may need.

If you are staying in hospital, the results will be given to the doctors looking after you on the ward.

What should I do if I have a problem?

You should not have any problems that is a result of the x-ray contrast Enema Following Bowel Surgery.

If you feel your condition has changed, or you need further medical advice before receiving your results/after leaving the hospital, please make an appointment with the doctor that referred you, or in an emergency, go to your nearest Emergency Department (ED).

How can I provide feedback for the appointment I have attended today?

The Division of Imaging welcomes feedback from all our patients. We actively take part in the Friends and Family Test, and we complete a patient experience questionnaire every month to obtain feedback on the experiences you have had. Please speak to a member of staff regarding the feedback or there are posters within the department with QR codes so you can complete these online.

Contact us

For contact information please refer to your appointment letter or if you are an inpatient, please direct your queries to one of the medical staff on the ward

Language and accessible support services:

If you need an interpreter or information about your care in a different language or format, please get in touch.

Your comments and concerns

If you would like to provide feedback you can:

- Ask to speak to the department lead / manager.
- Write to us: Patient Advice and Liaison Services, 1st Floor, Cobbett House, Manchester Royal Infirmary, Oxford Road, Manchester, M13 9WL.
- Log onto the Patient Opinion website www.patientopinion.org.uk/ click on 'Tell your Story'

If you would like to discuss a concern or make a complaint:

Ask to speak to the department manager – they may be able to help straight away.

Inpatients can speak to a senior nurse or manager by contacting the Tell Us Today service on (0161) 701 1999.

Contact our Patient Advice and Liaison Service (PALS) on (0161) 276 8686 email: pals@mft.nhs.uk. Ask for our information leaflet.

We welcome your feedback so we can continue to improve our services.

NHS 111

This service offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

Telephone: 111, 24 hours a day

Website: www.111.nhs.uk

Finally

Some of your questions should have been answered by this leaflet but remember that this is only a starting point for discussion about your treatment with the doctors looking after you. Further information can be obtained by contacting the radiology department that is performing the procedure.

