

## **WATER SOLUBLE ENEMA**

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**Your Doctor has decided that this is the appropriate examination to investigate your condition. Any alternatives should have already been discussed with you.**

### **What is a water soluble enema?**

A water soluble enema is a special x-ray examination of the large bowel using a liquid which shows up on x-rays to help diagnose various diseases or to check the bowel following surgery. The examination may be uncomfortable. It will involve placing a small, soft, plastic tube into your bottom and running a small amount of liquid into your bowel. The liquid is then drained out through the tube and air is put into the bowel. The liquid and air coat the bowel wall and x-rays are taken in various positions.

### **What are the benefits of having a water soluble enema?**

Your bowel problems can be diagnosed quickly and accurately.

### **Are there any risks involved in having a water soluble enema?**

There are the usual slight risks associated with being x-rayed.

**Female patients of child bearing age must have this examination done within 10 days of the start of a period to be absolutely sure that there is no risk to an unborn child. The department will contact these patients to organise this.**



All X-ray procedures involve exposure to radiation in varying amounts. We are all exposed to small amounts of radiation from the atmosphere throughout our lives. Any amount of diagnostic radiation can add slightly to the normal risk of developing cancer. In all X-ray examinations, the amount of radiation is kept to the minimum necessary. Unfortunately, one in three of us are liable to develop a cancer at some stage during our lives, so the added risk from this test is very small indeed. This risk has to be balanced against the benefits you may achieve by having the procedure.

Any invasive procedure involves some risk and there is a slight and very rare risk of bowel perforation.

At the start of or during the examination you may be given an injection of muscle relaxant to reduce any muscle spasm which might give you a cramp type of feeling. **If you have glaucoma or a heart condition you must tell the staff in the x-ray room before the examination starts.**

### **How long will I be in hospital for?**

You will come usually to the x-ray department as an out-patient and should be prepared to be in the department at least an hour although the actual examination usually takes about 30 minutes.

### **Before the examination**

No bowel preparation is needed for this examination and you can eat and drink normally beforehand.

### **What happens after I arrive in the department?**

A member of staff will check your details and if necessary amend them. You will be asked to change into a cotton gown and wait in a cubicle until the x-ray room is ready for you.

### **What happens during the examination?**

This examination will be performed by a Radiologist (a doctor specialising in diagnosis using x-rays) or a specially trained radiographer practitioner with the help of a radiographer, assistant practitioner or x-ray assistant.

You will be asked about relevant medical history. Please bring a list of any current medications you are taking.

A small, soft, plastic tube is put into your bottom and a small amount of fluid runs into your bowel. The fluid is then drained out through the tube and air is put into



the bowel. The barium and air coat the bowel wall and x-rays are taken with you lying in various positions.

This will take about 30 minutes. You will then be asked to go to the toilet and afterwards one further x-ray film may be taken.

**You will not be sedated at all**

### **What happens after the examination?**

After the examination, eat and drink as you would do normally.

### **Going home**

You can use your usual form of transport.

### **How will I get my results?**

The results will be sent to the doctor who sent you for this examination and you can discuss the report with them when you next visit. An appointment will be sent to you if you came as out-patient. If your GP sent you, you need to make an appointment to see them about two weeks after the examination.

### **Who should I contact if there is a problem following the procedure?**

For advice, telephone Ground Floor X Ray, Hartshead South on 0161 922 6426/7 during the hours of 9.00am to 5pm, Monday to Friday. Out of hours, telephone your GP.

### **If you have any questions**

If you have any questions about the examination, please ring the department on 0161 922 6426 between 9am and 5pm, Monday to Friday or write in the box provided and bring this leaflet with you.



## Source

In compiling this information leaflet, a number of recognised professional bodies and accredited good practice guidelines have been used.

**If you have a visual impairment, this leaflet can be made available in bigger print or on audiotape. If you require either of these options, please ring 0161 922 6426/7.**

## Language, Interpretation and Patient Support Service (LIPS):

If you require an interpreter to assist your appointment, please ask an appropriate family member to contact our central booking office between **Monday to Friday 8am to 5pm on 0161 922 6991** to arrange this for you.

### 語言翻譯及病者支持服務 (LIPS):

如果閣下需要翻譯員在您的預約當日幫助您的話 請找一名合適的家庭成員 **0161 922 6991** 聯絡本中央預約辦事處來您您安排 我們的辦公時間是星期一至星期五 上午 8 時至下午 5 時

### Językowo Tłumaczeniowa Usługa Pomocy dla Pacjenta ( *Language, Interpretation and Patient Support Service* LIPS):

Jeśli potrzebujesz pomocy tłumacza w trakcie swojej wizyty, proszę poprosić odpowiedniego członka rodziny o skontaktowanie się z Centralnym Biurem Zamówień (*Central Booking Office*), w celu zorganizowania tłumacza pomiędzy poniedziałkiem a piątkiem w godzinach od **08:00 - 17:00** pod numerem **0161 922 6991**.

لیٹگوئج، انٹریپریٹیشن اینڈ پیٹینٹ سپورٹ سروس (Lips)

اگر آپ کو اپنی اپائنٹمنٹ کے لئے مترجم کی مدد کی ضرورت ہو تو براہ مہربانی اپنے خاندان کے کسی موزوں فرد سے کہیں کہ وہ ہمارے سنٹرل بکنگ آفس سے پیر سے جمعہ 8.00 بجے صبح سے 5.00 بجے شام کے دوران 0161 922 6991 پر فون کر کے اس کا بندوبست کریں۔



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