

Having a water soluble contrast enema

Patient leaflet

**If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.**

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Introduction

This leaflet aims to answer your questions about having a Water Soluble Contrast Enema. It explains the benefits, risks and alternatives, as well as what you can expect when you come to hospital. If you have any further questions, please speak to a Doctor caring for you.

What is a water soluble contrast enema?

A Water Soluble Contrast Enema is an X-ray procedure used to examine the large intestine (colon) and rectum. It involves introducing a small amount of a water soluble contrast liquid into the bowel via a small soft, flexible tube inserted into the rectum.

What are the benefits of this procedure?

This procedure is needed to diagnose a range of bowel problems quickly and accurately:

- To assess your bowel for diseases
- To assess your bowel for narrowing
- To check your bowel for leaks after surgery



How should I prepare for the procedure?

Bowel preparation is not needed for this examination and you can eat and drink normally beforehand. If you have a stoma (opening onto the surface of the abdomen) please bring spare stoma bags with you just in case they are needed after the examination.

What to expect on your visit

What happens during a water soluble contrast enema?

You will be shown into a private changing cubicle and asked to undress and put a hospital gown on. You will be able to place your personal items in a basket that you will keep with you. If you want to bring your own dressing gown to wear over the top, that is fine. Upon entering the X-ray room the advanced practitioner Radiographer and or Radiologist will greet you. They will then check your personal details and discuss the procedure with you.

You will need to give your verbal consent before starting the examination. You will be awake during the procedure and there will be a member of staff nearby at all times to support you. You will be asked to lie on your left side on the X-ray table, and then the Radiologist or advanced practitioner Radiographer will place a small, soft, plastic tube into your bottom. Contrast (X-ray dye) will be passed through the tube and this will fill your bowel.

You will be asked to move into various positions so the contrast can coat the inside of the bowel. Once the contrast enters your bowel we will start taking X-rays; this will involve you lying on your side, back or tummy to get the best images possible. The X-ray equipment may also move in order to get the best possible pictures.

During the procedure you need to do your best to keep as much contrast in your bowel as possible but don't worry if some of the contrast leaks out.

If wearing one, there is a chance that your stoma bag could overfill and become loose or burst due to the pressure, so make sure you have plenty of spare bags available.

The contrast will let the Doctor / Radiographer see the bowel on the X-rays. The X-rays taken are used to help diagnose various diseases, or to check the bowel following surgery. Every patient is different but the procedure usually takes approximately half an hour.

At the end of the examination most of the contrast will be drained out of your bowel through the tube placed at the beginning of the procedure although some of it will stay within your bowel. Once the examination is finished you will be shown to a private toilet outside the X-ray room. It is possible for the dye to leak out of your back passage and may also collect in the stoma bag if you have one. You will be able to expel most of the remaining contrast before you leave the department.

Is the procedure uncomfortable?

The procedure may cause mild discomfort or cramping, but it is usually well tolerated.

Risks

What are the risks of this procedure?

A water soluble contrast enema is a safe examination. However, as with any examination there are small risks but these are extremely rare. There is a very rare risk that a small tear could be made in the wall of the bowel. The practitioner will take great care to avoid this happening and these small risks are very much outweighed by the benefit of the examination. If this did happen it would usually resolve itself, but if you need any immediate attention then this would be arranged. The Doctor who referred you would be informed.

Other risks

X-rays are of a type of radiation known as ionising radiation. The dose that you get from a medical X-ray is very low and the associated risks are minimal. The Radiographer is responsible for making sure that your dose is kept as low as possible and that the benefits of having the examination outweigh any risk. There are no risks associated with the water soluble liquid as it is not absorbed by the body. It only coats the walls bowel for this examination.

Patients of childbearing age:

X-rays can be harmful for an unborn baby and should be avoided by persons who are or may be pregnant. It is recommended that the examination is done within 10 days of the first day of the onset of your menstrual period. If your appointment is not within this time or if you think you may be pregnant please contact the X-ray department.

If you are, or think you could be pregnant then you must tell us prior to, or on arrival for your appointment.

Are there any alternatives?

There may be other alternative imaging available. However, this has been considered to be the most appropriate test for you. If you have any questions please speak to the Doctor who referred you or with the Radiologist on the day of your examination.

Finally

The pictures taken during the examination are studied carefully and a detailed report is produced. The results will be sent to the person who referred you for the test. They will discuss the results with you and any treatment you may need.

You may already have an appointment with the team who referred you. If not, please contact them to arrange one to discuss the results of this test.

If you have any further questions, please do not hesitate to call the Radiology Department via the number given on your appointment letter.

As this is a teaching hospital there may be students and observers present during your examination as part of their ongoing training. Please let the staff know if you do not wish any students to be present during your attendance.

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