



HOSPITALS • RESEARCH • FOUNDATION



BARIUM ENEMA

What is a Barium Enema (BE)?

A BE is an x-ray exam that takes pictures of your child's colon (large bowel) the tube between the small intestines and the rectum. This exam is done under fluoroscopy, a study using live real time images of the contrast moving through the body.

How are the pictures taken?

- Radiology staff will bring your child and you into the x-ray room.
- Your child will be asked to change into a hospital gown and helped onto the x-ray table. The technologist will take a picture of your child's abdomen.
- The radiologist assistant or radiologist will insert a small, soft enema tip into your child's bottom/rectum.
- This may cause a feeling of pressure. The enema tip will be secured in place with paper tape so that it can be easily removed at the end of the test.
- Your child will experience less discomfort by breathing deeply and relaxing. Your child will probably not feel the enema tip once it is in place or as it is being taken out.
- An enema bag and tubing will be connected to the end of the enema tip. A special clear or white x-ray liquid called contrast will fill the colon. This liquid shows up white or black under x-rays.
- While the colon is filling, the radiologist will take x-ray pictures of your child's abdomen with the camera. Your child may be asked to roll from side to side during the exam. The camera will not touch your child.
- Once the radiologist is finished taking pictures and the enema tip is removed, your child will be allowed to go to the bathroom or put on a diaper (if needed) to evacuate the contrast.
- The technologist will take one more picture of your child's abdomen.
- The exam can take 45 minutes, but may take longer due to special needs.

Who performs the test?

An x-ray technologist, who is licensed and trained to take these special pictures, and a pediatric radiologist and/or a radiology assistant, will move the camera over your child while taking pictures.

When do I get the results?

- A pediatric radiologist, a doctor specially trained in children's x-rays, will review the pictures and send a report to your child's doctor.
- You can also view your results within 72 hours in MyChart. Please see someone at our front desk about signing up for MyChart.

Are there any risks?

- **If your child has ever had a reaction to contrast, please tell us before the test.**
- At Arkansas Children's we take many steps in order to lower the radiation dose to your child.
- Radiation in general is a risk. However, the amount of radiation used is the smallest amount possible to get the best pictures.

What happens after the exam?

- The technologist will give you any special instructions and let you know when your child can leave.
- Your child may experience more bowel movements than usual because the contrast softens the stool.
- After the exam, your child may eat as usual, unless your child's doctor tells you differently.

NOTE: A parent/guardian will be allowed to accompany the child into the exam room; other arrangements should be made for siblings and other children. Women who are pregnant, or may be pregnant, will be asked to leave the exam room during the procedure. Please make sure that there is someone else available to accompany the child during the exam, if needed.

Because the radiation from this test could possibly harm an unborn child, female patients age 10 and above will be required to take a pregnancy test before the exam can be performed.

What do I do before the test?

Patients should not eat or drink anything 3-4 hours before their exam.

PREPARING MY CHILD

Infants

Although you cannot explain the exam to your baby, you can help him/her feel more secure during the test if you:

- Bring a special blanket, toy or pacifier.
- Comfort them with your presence and calm voice.
- Bring along a bottle of juice, formula or breast milk to feed him/her after the exam is done.

Toddlers and preschool-age children

Young children can become anxious about having a test done, so the best time to talk with your child is right before the test.

- On the day of the test, tell your child that he/she will be having some "pictures" taken, so that the doctor can help them feel better.
- Use simple words and be honest.
- When you come to the hospital, bring a favorite book, toy or blanket.
- You may bring a snack for after the test.

School-age children

School-age children have good imaginations and may scare themselves by imagining something much worse than the actual exam.

- One or two days before the exam, tell your child that he/she is going to the hospital to have some "pictures" taken so that the doctor can help them feel better.
- Use simple words. Be honest. Explain exactly what will happen.
- When you come to the hospital, bring along a favorite book, toy or handheld game.
- You may bring a snack for after the exam.

Photographs/Videos

The privacy of our patients and staff is important to us. No photographs or videos are allowed. Please turn off your cell phone before entering the x-ray exam room. Thank you for respecting the privacy of others.



PATIENT NAME: _____

APPOINTMENT DATE: _____ TIME: _____

PATIENT PREPARATION/SPECIAL INSTRUCTIONS: _____



Radiology Department at Arkansas Children's Hospital

(501) 364-4912 • Monday - Friday, 7:30 a.m. - 8 p.m.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency room right away. This is general information and is not specific medical advice for your child. Always consult your child's doctor or other healthcare provider if you have any questions or concerns about the care or health of your child.