



Patient Instruction Information: LOWER GASTROINTESTINAL TRACT X-Ray (or BARIUM ENEMA)	Your Appointment Information
	Date: _____
	Time: _____
	Location: _____

What Is It?

Lower gastrointestinal (GI) tract radiography, also known as a barium enema, is an x-ray of the large intestine, or colon. The purpose of the test is to find signs of any colon illnesses.

A special form of x-ray known as fluoroscopy, and a contrast material known as barium is used to take pictures of the lower GI. The lower GI is filled with barium, which then allows the radiologist to view the anatomy of the rectum, colon and part of the lower small intestine to confirm everything is functioning correctly.

How Long Will I Be Here?

- Prep - 15 minutes
- Test - 30 to 45 minutes
- Post - 15 minutes

ENTIRE TEST - Approximately 1 to 1 and a 1/2 hours

What Do I Need To Do To Prepare?

- Arrive 30 minutes before appointment time to register
- Inform staff and physician of any food or drug allergies
- Bring a copy of your order (if you have it)
- Bring insurance card and referral numbers (if required)
- Inform staff of any potential pregnancy
- Bring a list of medications with you
- Only drink clear liquids like juice, tea, black coffee, cola or broth the day before and avoid dairy products
- Do not eat or drink anything after midnight prior to the test
- Wear comfortable clothing, preferably sweat pants, or pants with no metal
- In order to improve the sensitivity of the exam, the colon needs to be cleansed of the stool normally found within it. This is accomplished with a Barium Enema Prep Kit. This kit and instructions can be obtained from the physician ordering your study or he/she may write you a prescription to obtain the prep kit from your local pharmacy or from the medical imaging department at Jewish Hospital & St. Mary's HealthCare facility. Please follow the instructions closely because adequate cleansing of the colon will aid in obtaining a high quality barium enema exam.