Having an X-ray test to look at your large bowel (water soluble contrast enema)

Radiology Department

Information for Patients

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Introduction

If you are an outpatient, please read your appointment letter carefully. Check which hospital your appointment is at.

Please read all of this leaflet. It tells you about your X-ray test. It has important information and instructions.

What is a water soluble contrast enema?

A water soluble contrast enema is a special X-ray test to look at your large bowel.

Your doctor should have told you why you need this test. It is usually a follow-up test to check if your bowel has healed after the operation. This may be done before an operation to close a stoma.

We put a colourless liquid called contrast into your bowel through a small tube in your bottom. It coats the inside of the lower part of your bowel. The contrast shows up on X-ray pictures and helps us see the inside of your bowel.

If your bowel opens onto your tummy (if you have a stoma), we may put the contrast through your stoma and into your bowel. This test may be called a distal loopogram.

Important information

- **If there is any chance that you may be pregnant,** please contact the Radiology Department right away.
- **If you need an interpreter** please contact the Radiology Department for more information.

The Radiology phone number is at the end of this leaflet and on your appointment letter.

How do I get ready for the X-ray test?

- You do not need to do anything special to get ready.
- **You can eat and drink as usual.**
- **Take your usual medicines** unless you have been told not to.

What should I bring with me?

- **Spare underpants.**
- **A sanitary pad or absorbent pad to put in your underpants.** This is in case any of the contrast liquid leaks out of your bottom after the X-ray test.
- **If you have a stoma, please bring your stoma kit.**

What happens when I arrive?

- When you get to the Radiology Department you will be shown to the waiting area.
- You may need to get changed. You go to a cubicle, take off some of your clothes and put on a hospital gown.
- When we are ready, we will take you into the X-ray room.

What happens in the X-ray room?

- We will talk to you about your X-ray test. You may ask any questions.
- You will lie down on the X-ray table.
- A doctor who specialises in X-ray tests (a radiologist) will gently put a small soft tube into your bottom or stoma.
- We put contrast liquid through the tube and into your bowel. We try to warm the contrast liquid a bit so it is not too cold.
- We will take X-ray pictures of your bowel. Contrast covers the inside of your large bowel so we can see it on the pictures.
- At the end of the test, we will drain the contrast liquid out of your bowel. It may not all drain out right away.
- We will then take the tube out.

What happens after the X-ray test?

- At the end of the test, we will take you to the toilet. You can then pass out any more contrast liquid still in your bowel. The liquid is quite sticky. You can clean your skin if you need to.
- Even if you feel that your bowel is empty, you should stay in the toilet for a while. Make sure that your bowel is as empty as possible before you leave.
- The contrast liquid may continue to come out of your bottom or stoma for a short time after the test. You can wear a pad inside your pants to protect your clothing.

How long will it take?

It usually takes about **30 minutes.**

The time will vary for each patient.

It is not always easy to predict how complex or simple the test will be.

Who will do my X-ray test?

- A doctor who specialises in X-ray tests (a Radiologist) will do the test.
- A radiographer or assistant practitioner will move and control the special X-ray equipment.
- A nurse and maybe a healthcare assistant may be there. They work with the radiologist and care for you.
- A student may also be in the room to learn. If you do not want this, please tell us.

How do I get my results?

You will not get the results straight away.

After your test, we will tell you who the results will go to and how to get your results.

The radiologist will look at your X-ray pictures again.

The results will be sent to the GP or hospital doctor who wanted you to have this test.

Your report will go on the NHS App after an inbuilt delay. Your GP or hospital doctor may have your report before you. These reports are medically technical reports. They are written for the referrer to help to make a diagnosis and pick treatment options. If you have any questions or concerns, please talk to your referring clinician.

What are the risks from exposure to radiation in this X-ray test?

The main risk from exposure to X-rays is a higher risk of getting a cancer in the future. This risk is thought to be very small.

We are all exposed to natural background radiation every day of our lives. This comes from the sun, the food we eat, and the ground. Each test that uses X-rays gives a dose on top of this natural background radiation.

The risks of radiation are slightly higher for an unborn child. We must ask all patients age 10 to 15 years registered female and all patients aged 16 to 55 years about their periods and/or possibility of being pregnant.

The benefits of having this test are likely to outweigh any possible risks. The risks of not having the test could be greater. We try to keep your exposure to X-rays as low as possible.

What if I need to talk to someone?

If you have any questions or concerns, or cannot make the appointment, please call:

Radiology department

Tel: **0116 258 8765**

Choose **option 7**

Lines open Monday to Friday 9am to 5pm, but not on bank holidays.

Any questions?

If you have any questions you can write them down. This is to remind you to ask when you come for your treatment.

Health information and support is available at www.nhs.uk or call 111 for non-emergency medical advice
Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals.
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہِ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

إذا كنت ترغب في الحصول على هذه المعلومات بلغةٍ أُخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો.

If you would like this information in another language or format such as EasyRead
or Braille, please telephone 0116 250 2959 or email uhl-tr.equalitymailbox@nhs.net

We are a research hospital and you may be asked to take part in research

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