

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

Department of Radiology

Information for Patients

Produced: October 2023

Review: October 2026

Leaflet number: 41 Version: 6

Introduction

If you are an outpatient please read your appointment letter carefully to check which hospital your appointment is at. This leaflet tells you about your examination. Please read it carefully as it has important information.

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 examination to check if your bowel has healed after the operation. This might be done before an operation to close a stoma.

A colourless liquid that shows up X-rays (contrast liquid) will be put into your bowel through a small tube in your bottom. The liquid will outline the lower part of the bowel so that it can be seen on the X-rays.

If your bowel opens onto your tummy (if you have a stoma) this test may be called a distal loopogram. The contrast liquid may be put into your bowel through your stoma.

Important information

- **If there is any chance that you may be pregnant**, please contact the Radiology Department straight away.
- **If you need an interpreter** please contact the Radiology Department for more information.
- **Medication should be taken as usual** unless told otherwise by your doctor.

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

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

How do I get ready for the examination?

- You do not need to do anything special to get ready.
- **You can eat and drink as usual.**
- **If you are on medication** from your doctor please continue to take it as usual.

What to bring with you:

- **Please bring spare underpants and a pad** to put in them. This is in case any of the contrast liquid leaks out of your bottom after the examination.
- **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 be shown to a cubicle to take off some of your clothes and put on a hospital gown.
- When we are ready, you will be taken into the X-ray room.

What happens in the X-ray room?

- We will talk to you about the examination. You may ask any questions that you have.
- You will be asked to lie down on the X-ray table.
- A doctor who specialises in X-ray tests (a radiologist) will put a small soft tube gently into your bottom or stoma.
- A clear X-ray liquid that shows up on X-ray pictures (contrast liquid) will be put through the tube and into your bowel. This covers the inside of your large bowel so it can be seen on the X-ray pictures. The liquid may have been warmed up a bit so it is not too cold.
- X-ray pictures will then be taken of your bowel.
- At the end of the examination, the contrast liquid will be drained out of your bowel. It may not all drain out straight away.
- The tube will then be taken out.

What happens after the procedure?

- When the examination is over you can go to the toilet to pass out the 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 to make sure that your bowel is as empty as possible before leaving.
- The liquid may continue to come out of your bottom or stoma for a short time after the examination. You can wear a pad inside your pants to protect your clothing.

How long will it take?

The examination usually takes about 30 minutes.

The time will vary for each patient.

It is not always easy to predict how complex or how straight forward the examination will be.

Who will be doing my procedure?

The examination will be done by a doctor who specialises in X-ray tests (a Radiologist).

There will be a radiographer or assistant practitioner in the room.

Sometimes there is a nurse or assistant in the room.

As we are a teaching hospital a student may also be in the room. If you wish, you can ask that a student is not in the room during your examination.

How do I get my results?

The results will not be given to you straight away.

Your X-ray pictures will be looked at by the Radiologist.

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

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

What are the risks from exposure to radiation in this examination?

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 so we must ask some patients aged 10 to 55 years about their periods and 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 the X-ray department on **0116 258 8765** and select **option 7**. Monday to Friday, 9am to 5pm, excluding 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.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

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

જે તુમીં ઇચ જાનવારી કિમે હેર બામ્બા વિચ ચાહુંદે હે, ડાં વિચખા વચ્ચે હેઠાં હિંતે ગણે નંબર 'હે ટેલીફોન વચે।

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

Previous reference:

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