



Water soluble contrast enema

Information for patients

What is a water soluble contrast enema?

It is a X-ray study of your rectum and large bowel using a special liquid (contrast) that shows up on the images. Your doctor will have explained why you need this examination.

How should I prepare?

No special diet or preparation is usually required for this examination. If you have any allergies please let us know before we start.

Your symptoms

If there have been changes in your health since you saw the doctor who sent you for this test please contact them to let them know.

Pregnancy

If you are, or think that you may be, pregnant please call us on 01737 231604 (Monday to Friday 9.30am to 4pm) and ask to speak to a radiographer or nurse. This is because X-rays are believed to be relatively more harmful to the unborn child, especially in the earlier stages of pregnancy.

Who will be there?

In the room there will be a consultant radiologist and a radiographer.

What does it involve?

When you arrive you will change into an X-ray gown and then be taken to the X-ray room. The examination starts with you on your left side. A small tube is then put into your anus (back passage) and gently pushed up a few centimetres. The contrast liquid is then passed through the tube into your colon. When the contrast has spread



throughout the colon, x-ray pictures are taken with you in different positions. The examination will take around 20-30 minutes.

Are there any risks?

Radiation

We are all exposed to natural background radiation every day of our lives. Each X-ray examination gives us a small additional dose. Everything is done within the X-ray department to minimise this.

After the examination

Once the examination is finished you will be shown straight to the toilet. When you are comfortable you are free to dress and leave. The contrast has a strong laxative effect and you will want to remain near to toilet facilities for several hours.

When do I find out the results?

If the examination was requested by your family doctor (GP) then the results will be sent to them. We aim to do this within five days. If the scan was requested by a hospital consultant, the result will be sent to them and will be available at your next appointment.

Further information

If you have any concerns about your examination please contact us (Monday to Friday 9.30am to 4pm) and ask to speak to a senior radiographer or nurse.

01737 768511 Ext 2956/6018

Contact us

Diagnostic Imaging Department
East Surrey Hospital
Redhill Surrey RH1 5RH
Tel: 01737 231 604
www.surreyandsussex.nhs.uk

Patient Advice and Liaison Service (PALS)

Telephone: 01737 231 958

Email: pals@sash.nhs.uk

Write to: PALS, East Surrey Hospital
Redhill, Surrey RH1 5RH

You can also ask a member of staff to contact PALS on your behalf.

This information can be made available in other languages and formats, including in larger text. Contact: 01737 231 958 for help.

Author: Diagnostic Imaging Department
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