

Your doctor has referred you for a Water Soluble Enema. This will take place in the Imaging Department (also known as Radiology or x-ray department). This leaflet provides you with information about having a water soluble enema. It explains what is involved and who you will meet.

What is a Water Soluble Enema?

This is an x-ray examination to look at the large bowel using an iodine based x-ray dye.

The Imaging Team

The Imaging team is made up of:

- Reception staff
- Healthcare support workers
- Nurses
- Radiographer
- Radiologist or Advanced Practitioner Radiographer who perform the examination
- Radiologist or Advanced Practitioner Radiographer who report the examination

Do I need to do any special preparation before the examination?

No preparation is required before a water soluble enema; you can eat and drink as normal. If you have a stoma (opening onto the surface of the abdomen) please bring a spare stoma bag with you just in case you need one after the examination.

If I am diabetic, taking tablets or medicine, should I stop them?

No. If you are taking prescription medication you should continue to take this as normal.

Is there anything I need to tell the staff before I have my X-Ray examination?

Please tell us if you think you may be pregnant. This procedure is normally performed within 10 days of starting your period.

In all cases, tell us if you have asthma, any allergies, or if you have had a problem with injections for x-rays or scans in the past.

What happens when I arrive?

On arrival in the Imaging Department, we will ask you to change into a gown. You can bring your clothes will be brought with you into the examination room when the time comes for your test.

What does the X-Ray examination involve?

We will ask for your verbal consent before starting the examination.

We will ask you to lie on the x-ray table on your left hand side whilst the doctor or advanced practitioner passes a small, soft plastic tube into your back passage. We then use this tube to insert a water soluble x-ray dye into your bowel. During the examination you need to do your best to keep as much fluid in your bowel as possible. Don't worry if some of the dye leaks out; just tell us if it happens. Once there is enough fluid in your bowel we will start taking x-rays; this may involve you lying in various positions to get the best image possible.

At the end of the examination we will drain out as much of the fluid as we can. Some of it will stay within your bowel, however once the examination is finished the radiographer or Health

Care Support Worker will show you to a private toilet outside the x-ray room. It is possible for the dye to leak out of the back passage and also to collect in the stoma bag if you have one, but you will be able to pass most of the remaining dye before you leave the department.

Once all the liquid has been passed there should be no after effects following this procedure.

Will the examination be painful?

You may experience a little discomfort during intubation (when we insert the tube into the back passage). If you have a stoma (opening onto the abdominal wall) you may feel some discomfort when we fill your bowel with the contrast (X-ray dye). This is due to the stretching of the tissue after weeks of non-use. The doctor will take great care to minimise any discomfort for you.

How long will it take?

The whole examination will take approximately 30 minutes, however you should plan to be in the department for 1 hour.

Although we make every effort to meet our appointment times, delays may occur due to emergency patients. We will let you know if this is the case.

Privacy and Dignity

Sometimes tests, although necessary, can be embarrassing or undignified for patients but we will try to do everything we can to make you as comfortable as possible during your examination.

What are the risks?

The level of radiation we use is very small and the benefits of the examination are thought to outweigh any risks.

Can I bring someone with me?

You can bring a friend or relative with you but we will not allow them into the examination room. Please note; we may ask them to wait in the main reception area.

If you need to bring your children please make sure there is also an adult with you as we are unable to provide childcare facilities.

After the X-Ray examination

After the examination you can eat and drink normally. If you have a stoma, some residual dye may pass into the bag after the examination. It is of a watery consistency but is sticky to the touch.

When will I know the result?

We will send the results to the person who referred you for the test. Your referrer will make arrangements to tell you the result.

Any other questions?

Please ask a member of the team in the Imaging Department.

- Please**
- Do not bring any valuables with you
 - Call us if you need advice
 - Call us as soon as possible if you can't keep this appointment – we can make you another and give yours to someone else.

Contact Centre Telephone Number

0141 347 8379

www.nhsggc.org.uk

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