



## Barium Enema

### ***Our Mission***

Nicklaus Children's Hospital's mission is to inspire hope and promote lifelong health by providing the best care to every child. Nicklaus Children's is focused on family-centered care to create an optimal experience for patients and their families. We believe that parents and guardians play a vital role in the success of this test and want you to have an active role in your child's healthcare. The following information is to help prepare both you and your child for this scheduled exam.

### **What is a Barium Enema?**

- A Barium Enema (BE) is a test that takes pictures of your child's large intestine.
- A special water-like liquid will be used which acts as a highlight to show details of the large intestine, rectum, and colon.
- A BE takes pictures using a special type of X-ray called Fluoroscopy.
- X-rays use a small, safe dose of radiation to help create the pictures.
- Pregnant women and accompanying children *are not permitted* in the room during the scan. Please arrive with another adult who can stay with your child or accompanying children during the procedure.

### **What to Expect During the Procedure**

#### **Step 1: Getting Ready**

- A hospital representative will walk the parent and patient from the waiting room to an exam room where there will be a table with a camera attached.
- Next, the parent will be provided a hospital gown for the child to change into. All clothing must be removed except for the hospital gown.
- The technologist will then ask the parent to help the child onto on the table to prepare for the pictures.
- A member of the medical team will explain the procedure, which entails gently placing a soft, flexible, plastic, jelly covered tube into your child's bottom and securing it in place.

#### **Tips:**

- Your child may feel pressure and or the need to go the bathroom during this time.
- Help your child to relax his/her muscles by taking in deep, slow breaths in through the nose and out through the mouth to make the tube placement easier.

#### **Step 2: Taking Pictures**

- The technologist will move the camera down over the top of your child's backside and begin taking the pictures. The camera never touches your child.
- Your child will be asked to lay still like a statue.
- Next, the technologist will begin filling the tube with the liquid contrast used to help take detailed pictures of your child's large intestine.

#### **Tips:**

- Some children say this part feels cold as if they need to go to the bathroom.
- Remind your child to continue taking slow, deep breaths to keep the muscles and nerves relaxed.



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### **Step 3: Going to the bathroom**

- The technologist will then gently remove the plastic tube and tape from your child's bottom.
- Once your child feels a strong urge to go to the bathroom, a technologist will help you walk the child to the bathroom, which is located in the same exam room.
- Once your child is finished using the bathroom, the technologist will assist you in helping your child back onto the exam table to take a few more pictures before the exam is completed.
- Depending on the age and size of your child, you may be asked to return in 24 hours for additional pictures of the large intestine to finalize the study. Your technologist will advise you if this is necessary.

### **Step 4: Results**

- Results will be sent to the physician within one to two business days.

### ***Child Life Specialists***

A part of the Child Life Specialist's role in the Radiology Department is to help children and families cope with the anxiety and fear associated with medical procedures. A Child Life Specialist may be available on the day of the exam to provide education and coping strategies. For more information, please contact Nicklaus Children's Hospital's Children's Experiences Department at 305-666-6511 extension 4875 and select #1.