

Patient Information

Radiology Department

Water Soluble Enema

Introduction

You have been advised by your doctor to have a water soluble enema. This leaflet will explain what the examination involves. It may not answer all your questions, so if you have any concerns or queries, please do not hesitate to call the telephone number on your appointment letter.

If you feel unhappy with any part of your care please ask to speak to the Superintendent Radiographer.

Please read this leaflet carefully to ensure you successfully prepare for the examination.

Please contact the X-ray Department if your weight is equal to or more than 138kg (21½stone), as you may require an alternative examination.

Points to Remember

- Please bring any sprays or inhalers that you are regularly taking to the examination.
- If you are on medication from your doctor please continue to take it as usual, especially your heart medication.
- We also ask you to leave any valuable possessions at home.

What is a Water Soluble Enema?

A water soluble enema is an X-ray examination of the bowel after your bowel operation. This is usually a follow-up examination but your doctor should have explained why you need to have this carried out.



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The procedure is normally performed by an Advanced Practitioner radiographer (specialist radiographer) or a Radiologist (an X-ray doctor), assisted by another radiographer and a radiology assistant.

The procedure takes 10 to 30 minutes.

Preparation

There is no special preparation for this examination. However, it is advisable to bring a spare

- stoma bag
- stoma dressing pad
- underwear
- a waterproof pad (for inside your underwear) in case of any leakage of the X-ray liquid

You may also wish to bring a wash kit to freshen up after the procedure

Risks/benefits of the procedure

X-rays are a type of radiation. 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.

Exposure to X-rays carries a small risk, but your doctor feels that this risk is outweighed by the benefits of having the test. We will take all safeguards to minimise the amount of X-rays you receive.

Safety

Could you be pregnant? The risks of radiation are higher for your unborn child. Therefore you will be asked to confirm that you are not pregnant before the examination can proceed.

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What will happen when I arrive?

On arrival at the Radiology / X-Ray Department, please report to the reception desk. Once you have been registered, you will be directed to the Fluoroscopy reception waiting area, by following the signage for Route 3.

You will be asked to undress and put on an examination gown. Please feel free to bring your own dressing gown to wear over the X-ray gown.

During your examination

- You will be taken into the X-ray room where the examination will be explained to you and you can ask any questions that you may have.

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- You will be asked to lie down on the X-ray table.
- The radiologist or Advanced Practitioner radiographer will pass a small soft tube gently into your back passage. Contrast (a colourless liquid that shows up on X-rays) will be passed through the tube to show your bowel.
- X-ray pictures will then be taken of the bowel.

After your examination

- Once the examination is over, you can go to the toilet to pass out the liquid remaining in the bowel and to clean yourself if necessary. The liquid is quite sticky.
- The liquid may continue to come out of your back passage for a short time after the examination. It may be advisable to wear a pad inside your underwear to protect your clothing.

If you have any problems after the examination please contact your GP.

How do I get the results?

The results will not be given to you immediately. They will be sent to the doctor who referred you to us for this examination.

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If you need an interpreter, we will provide one of our hospital-based interpreters. You cannot use a friend or relative to interpret for you. We provide an interpreter as you are having a complex procedure and we want you to be supported by someone familiar with explaining your procedure. A friend or relative is still very welcome to come with you to the hospital.

It is important that you **contact Radiology at least 48 hours before your procedure if you need an interpreter.**

Please call Radiology on the telephone number 024 7696 7075 and we will arrange an interpreter for you.

Other Sources of Information

For information about the effects of X-rays and information about Radiology departments please visit the NHS website: <https://www.nhs.uk/conditions/x-ray/>

For information about the effects of X-rays read the NRPB publication: "X-rays how safe are they?" on the Health Protection Agency website: www.hpa.org.uk

Please note that the views expressed in these websites do not necessarily reflect the views of UHCW NHS Trust or the NHS.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 7075 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

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