

Patient Information

Radiology

Water Soluble Enema

Introduction

You have been advised by your doctor to have a Water-Soluble Enema. This information leaflet tells you about having a Water- Soluble Enema, it explains what is involved and what the possible risks are.

If after reading this information, you still have concerns or require further explanation, please contact the radiology team on the telephone number 024 7696 7115.

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.



Patient Information

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.

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 number of X-rays you receive.

Patient Information

Safety

Patients aged 12 – 55 years- could you be pregnant? The risks of radiation are slightly higher for the unborn child so you will be asked to confirm that you are not pregnant before the examination can go ahead.

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 2.

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.

Water Soluble Enema

- 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.

Patient Information

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.

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.

Did we get it right?

We would like you to tell us what you think about Fluoroscopy services.

This helps us make improvements.

Have your say. Scan the QR code or visit:

<http://ratenhs.uk/cX4Zmj>

www.uhcw.nhs.uk/contact-us

Document History

Department:	Radiology
Contact:	27161
Updated:	February 2025
Review:	February 2026
Version:	5.1
Reference:	HIC/LFT/715/08

