

PATIENT INFORMATION

Water Soluble Contrast Enema

Introduction

This is an x-ray examination to look at problems in the large bowel using an iodine based x-ray dye (contrast). It is often carried out after surgery or to check for narrowing of the bowel for different reasons. It can also be done to confirm blockages of the bowel. This leaflet tells you about having the water-soluble contrast enema.

What preparation is required?

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 one is needed after the examination.

Women of child bearing age

Pregnant women, if possible, should not have an x-ray test as there is a small risk that x-rays may cause an abnormality to the unborn child. This is why women are asked before having an x-ray if they are pregnant. Please advise us in advance on **01392 402336**, option 1 and option 6 if you are, or think you might be pregnant.

Can I bring a relative or a friend?

Yes but for safety reasons they will not be able to accompany you into the x-ray room.

What happens when I arrive?

Please register at the reception desk, you will then be directed to the fluoroscopy department of

Medical Imaging. You will need to undress so will be shown to a private cubicle where you will be provided with a gown to change into.

What will happen during the examination?

Your verbal consent will be gained prior to commencing the examination.

You will be asked to lie on the x-ray table on your left hand side whilst the doctor passes a small, soft plastic tube into your back passage. This tube is then used to introduce a water soluble x-ray dye into your bowel. Once there is enough fluid in your bowel we will start taking x-rays and this may involve you lying in various positions in order to get the best image possible.

What happens afterwards?

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, so you will be shown you to toilet outside the x-ray room where you will be able to expel most of it before you leave the department.

If you have a stoma bag some of the dye may collect in there, it is clear and sticky.

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

After the examination you can eat and drink normally.

The whole examination will take approximately twenty minutes.

Are there any risks or complications associated with this examination?

A water soluble enema is a safe examination. However, as with any examination there are small risks although these are extremely rare. When the soft tube is inserted it may cause the rectum (back passage) to tear slightly. A small injury of this nature will usually resolve itself. There is also a very rare risk that your bowel could perforate (a small tear could be made in the wall of the bowel). The doctor will take great care to avoid this happening and the risks are very much outweighed by the benefit of the examination.

An allergic reaction to the x-ray dye is extremely rare.

As with all x-ray examinations, we endeavour to keep the exposure to radiation to the absolute minimum.

Will the examination be painful?

You may experience a little discomfort during tube insertion into the back passage. If you have an ileostomy (opening onto the abdominal wall) you may feel some discomfort when we fill your bowel with the dye. This is due to the stretching of the tissue after weeks or months of non-use. The doctor will take every care to minimise any discomfort for you.

Is there an alternative examination?

A water soluble enema is the only examination to show leaks in the large bowel following surgery. You may have other tests to look inside the large bowel such as Sigmoidoscopy or Colonoscopy. All these tests complement each other allowing the doctor to best plan your treatment.

What will happen to the results?

We aim to report examinations, as soon as possible. Results will be sent to the doctor who referred you for the investigation, as they may need further review and therefore it could be approximately 20 days before you are contacted by your doctor.

Valuables

Patients are encouraged to leave their valuables at home. It is the patient's responsibility to ensure all valuables are on their person before leaving the Medical Imaging Department.

Privacy and dignity

Sometimes tests, although necessary, can be embarrassing or undignified for patients but we will endeavour to do everything we can to make you as comfortable as possible during your visit to the department. We hope that the information in this leaflet will answer any questions you may have but please feel free to contact us on **01392 402336** if you have any particular worries, questions or concerns.

Cancelling your appointment

If you are unable to attend your appointment, we would be grateful if you could contact us on **01392 402336**, selecting option one, as soon as possible. We can then offer your original appointment to another patient. A further date and time will then be arranged for you.

Please be advised that if you fail to attend your appointment, it may be necessary to remove you from the radiology waiting list.

Please note: If you have had D&V (diarrhoea and vomiting) you will need to contact us to rebook your appointment unless you have been clear for the past 48 hours.

How to get to the Royal Devon & Exeter Hospital at Wonford

Park & Ride

- Our Dartline PR3 Park & Ride bus is quick and not expensive.
- It runs from Wonford Hospital to Digby. Digby is near Tesco, the railway station and junction 30 of the M5. There are signs along some of the main roads into Exeter pointing to the RD&E park and ride.
- The park and ride service runs from Monday to Friday. **There is no service at the weekend.**
- Sat Nav – EX2 7PZ

By bus

- Stagecoach buses H Service run to Wonford Hospital from the high street in the city centre Monday to Saturday. Limited Sunday service. They also run to Wonford Hospital from the Broadfields area.
- Stagecoach buses from Exmouth (57), Dawlish (2), Torbay (X46), Teignmouth (2) and Plymouth (X38) stop next to the hospital on Barrack Road.
- First Southern National bus X53 from Weymouth, Seaton, Beer and Sidford stops next to the hospital on Barrack Road. Turner's Tours bus 369 from Chulmleigh, Lapford, Morchard Bishop and Crediton stops next to the hospital on Barrack Road and outside the main front entrance of the hospital.

By car

Follow signposts to the hospital from most of the main routes into Exeter. Follow signposts in the hospital grounds to our car parks.

Car parking is by pay & display, so please bring change.

The number of spaces is limited, so please leave plenty of time to find a space.

Using Sat Nav to find us?

Tap in postcode EX2 5DW for RD&E Wonford

For more information on how to get to the hospital, please use the following website: **www.rdehospital.nhs.uk/patients/where**

For more information on the Medical Imaging Department, please visit our website: **www.rdehospital.nhs.uk/patients/service/medical-imaging**

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff undertaking procedures at the RD&E hospitals.

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