

Water Soluble Contrast Enema

Patient Information

X-ray Department



The Patient Information Leaflets page on the Trust website is available on the link:
<https://www.wwl.nhs.uk/patient-information-leaflets> or scan the QR code.

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Our Values

People at
the Heart

Listen and
Involve

Kind and
Respectful

One
Team

Introduction

You have been referred by your doctor for a water-soluble enema examination. This is an X-ray examination used to visualise the large bowel using contrast (X-ray dye).

This information leaflet has been produced to give you general information and hopes to answer most of your questions when requiring a water-soluble contrast enema. It is not intended to replace the discussion between you and the Healthcare Team but may act as a starting point for discussion. If after reading it you have concerns or require further explanation, please discuss this with a member of the Healthcare Team.

Important information

Are you, or might you be pregnant?

If either of the following applies to you, please contact the X-ray Department before the day of your procedure.

- To avoid exposing an unborn baby to X-rays, we will only carry out this examination during the first 28 days from the first day of their last period (this only applies to women aged 12 to 55 years old).
- If it is longer than 28 days between your appointment, and the first day of your period; please ring the X-ray Department for advice on **01942 822398**.

What will happen during the procedure?

The procedure is carried out as a day case, and you **DO NOT** need to be admitted to hospital for the procedure.

Bowel preparation is **NOT** needed for this examination, and you can eat and drink normally beforehand. If you have a stoma (opening onto the surface of the abdomen), please bring spare stoma bags with you in case they are needed after the examination.

You should arrive at the Radiology Department about 5 minutes before the appointment time on your letter, and book in at the X-ray reception desk.

You will be shown into a private changing cubicle and asked to undress and put a hospital gown on. You will be able to place your personal items in a basket which you will keep with you. You may bring your own dressing gown to wear over the top.

Upon entering the X-ray Room, the Enhanced Practitioner Radiographer and / or Radiologist will greet you. They will check your personal details and discuss the procedure with you. You will need to give your verbal consent before starting the examination.

You will be awake during the procedure and there will always be a member of staff nearby to support you.

You will be asked to lie on your left side on the X-ray table, and the Radiologist or Enhanced Practitioner Radiographer will place a small, soft, plastic tube into your bottom. Contrast (x-ray dye) will be passed through the tube and this will fill your bowel. You will be asked to move into various positions so the contrast can coat the inside of the bowel. Once the contrast enters your bowel, we will start taking X-rays; this will involve you lying on your side, back or tummy to get the best images possible. During the procedure you need to do your best to keep as much contrast in your bowel as possible but do not worry if some of the contrast leaks out.

Air is also used to inflate your bowel during the procedure. There is a chance that your stoma bag could overflow and become loose or burst due to the pressure. Please ensure that you have plenty of spare bags available.

The contrast will let the doctor / Radiographer see the bowel on the X-rays. The X-rays taken are used to help diagnose different conditions, or to check the bowel after surgery.

Every patient is different; however, the procedure usually takes approximately half an hour.

At the end of the examination most of the contrast will be drained out of your bowel, through the tube which was placed at the beginning of the procedure, although some of it will stay within your bowel. Once the examination is finished you will be shown to a private toilet outside the X-ray Room. It is possible for the dye to leak out of your back passage and may also collect in the stoma bag if you have one. You will be able to expel most of the remaining contrast before you leave the department.

You are free to leave the department whenever you feel you are finished and dressed.

You will be able to continue to eat and drink as normal.

The results will be sent to the doctor who sent you for the test and they will arrange to give you the results.

What are the benefits of this procedure?

This procedure is needed to diagnose a range of bowel problems quickly and accurately:

- To assess your bowel for signs of diseases
- To assess your bowel for narrowing
- To check your bowel for leaks after surgery

What are the risks of this procedure?

A water-soluble contrast enema is a safe examination. As with any medical procedure there are some small risks, but these are extremely rare. There is a very small chance that a small tear could occur in the wall of the bowel. The practitioner carry out the procedure will take great care to prevent this, and the benefits of the examination far outweigh these risks. If a tear did occur, it would usually heal on its own. Should you need immediate medical attention, this would be arranged. The doctor who referred you would be informed.

Radiation – is it safe?

X-rays are used to produce images in this procedure. X-rays are a type of radiation. We are all exposed to natural background radiation every day; this comes from the sun, the food we eat, and the ground. Being exposed to X-rays carries a small risk, but your doctor feels that this risk is outweighed by the benefits of having this procedure. We take all appropriate precautions to minimise the number of X-rays you receive.

What happens if I decide to not have the procedure?

You will be referred back to your doctor to discuss this further.

What if I have any special requirements?

If you have any special needs or requirements, please contact the X-ray Department on **01942 822398**.

Where can I park my car?

You can park your car on the main hospital site and there is a charge.

Additional car park is available to patients on Freckleton Street, and this is a short walk up to the hospital. The same parking charges apply.

Ambulance Transport

If you live in the Borough of Wigan and it is necessary for you to have ambulance transport, please telephone **0300 707 0737** to arrange this. Please inform the ambulance depot when booking that it is for a special X-Ray, and it is essential that you arrive on time.

If you do not live in the Wigan Borough, please contact your General Practitioner (GP) to arrange your ambulance transport.

Further Information

If you have any queries regarding your examination, or suggestions on how we may improve any aspect of our service, please do not hesitate to speak to us either on the day of the examination or contact us on **01942 822398** Monday to Friday 9am to 5pm.

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

The Patient Relations/PALS Manager
Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust
Royal Albert Edward Infirmary
Wigan Lane
Wigan
WN1 2NN

Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?



How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information, please ask in the department/ward.

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