



**The Leeds
Teaching Hospitals**
NHS Trust

Having a small bowel enema

Information for patients



Leeds
Radiology

What is a small bowel enema?

This is an x-ray examination of the small bowel.

What does it involve?

In the x-ray room we will pass a small tube via your nose, into your stomach. Local anaesthetic gel will be applied to your nose to make the examination more comfortable. Once the tube is in the correct place some x-ray dye will be injected down the tube to fill your small bowel. During this time we will take x-rays of your abdomen. It will be necessary for us to press on your abdomen with a special glove, to help us see all of your small bowel. By the time the examination has finished the liquid we have injected will be in your large bowel so we ask that you wait in the department for 30 minutes and to visit the toilet during this time to make sure you empty your bowel before you leave the department.

Who performs the examination?

It is performed by a team of healthcare professionals which may include a radiographer, an advanced practitioner, an assistant and a radiologist.

How do I prepare for the examination?

On the day of the examination.

HAVE NOTHING TO EAT OR DRINK for **SIX HOURS** before the examination.

You may have **CLEAR FLUIDS ONLY** until **ONE HOUR** before your appointment.

Do not stop taking vital medication.

Important note for patients with diabetes:

If you have an early morning appointment bring your morning medication and a snack with you.

If you have an afternoon appointment eat breakfast and take your morning medication at least six hours before your appointment. Bring a snack and any afternoon medications with you.

Please telephone the department if you have any questions.

In the Radiology Department

You will be given a gown to change into. Please do not bring large sums of money or items of value with you.

How long will I be in the department?

Allow 90 minutes for your examination. Although we try to keep to your appointment time, there may be a delay due to emergency patients.

We are unable to provide any childcare so please make alternative arrangements.

Are there any risks?

Radiation

This examination involves x-rays. Patients who are, or might be pregnant **must** inform a member of staff.

The amount of radiation used is more than an ordinary x-ray of the chest or body and is equal to the natural radiation we receive from the atmosphere over a period of approximately two years.

The risk from this radiation dose is very low.

Allergic reaction

Some patients may be allergic to the x-ray dye or medicines. This is very rare. If you have any allergies, please tell a member of staff.

Despite these small risks your doctor believes it is beneficial for you to have this examination.

Do you ever fail to complete the examination?

This examination is usually successful. If, for any reason, we are unable to perform the examination we will inform your doctor who will discuss the alternatives with you.

Following the examination

You will be able to eat, drink and continue normal activities.

Are there any side effects?

The x-ray dye can have a constipating effect so drink plenty of fluids over the following few days to keep hydrated.

How do I get my results?

You will not be given your results on the day. They will be sent to your hospital consultant and they will contact you.



What did you think of your care?

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