

## Patient information

### Water Soluble Contrast Enema – Appointment Details

#### Imaging Department

#### **Before Your Examination**

There is no need for any special preparation before this examination. You should eat and drink normally.

Your hospital doctor or family doctor (GP) has advised that you need a water soluble contrast enema. You may wish to discuss alternative treatments or procedures. Please ask a doctor or nurse if alternative treatments or procedures are available.

#### **What is a water soluble contrast enema?**

A water soluble contrast enema is an X-ray examination of the large bowel using a colourless fluid known as an X-ray contrast agent, or dye. It is carried out by a Radiologist (a doctor who specialises in X-rays) or Specialist Radiographer.

#### **What are the benefits of having a water soluble contrast enema?**

This procedure will help us make the correct diagnosis so we will be able to give you the correct treatment.

#### **The risks of having a water soluble contrast enema include:**

We are all exposed to natural background radiation every day of our lives. Each X-ray examination gives us a small additional dose. This dose varies with each type of examination. Everything is done within the X-ray department to minimise this dose.

**Patients of Child-bearing Age:** X-rays may be harmful to an unborn child, especially in the early stages of pregnancy. If you are pregnant or there is any possibility of you being pregnant, please contact the X-ray department before your appointment.

**If you are worried about any of these risks, please speak to your Doctor or a member of their team.**

#### **What to bring with you**

You may wish to bring with you a dressing gown, slippers and book. A member of your family or friend could also come with you. If you have a stoma please bring a spare bag with you.

## **The examination**

You will be taken to a changing room and asked to undress and put on a gown. When it is your turn, you will be taken to the X-ray room and asked to lie on the X-ray table. The Radiologist/Radiographer will put a small tube into your back passage.

If you have a colostomy a soft fine tube maybe inserted into the stoma.

The liquid goes through this tube and into your bowel. You will be asked to move onto your side and stomach so we can take X-ray pictures from different positions.

This examination takes about 30 minutes.

## **After the examination**

- The tube will be removed and you will be taken to the toilet, to pass the liquid and change your stoma bag if needed.
- You may continue to eat and drink normally.

## **Results**

Your results will be sent to the doctor who asked for this test to be carried out. This may be the hospital doctor or your GP.

## **Cancellations**

If you are unable to keep this appointment, please let us know as soon as possible and we will arrange another for you.

If you fail to cancel and do not attend you will not be sent another appointment.

## **Transport**

If your medical condition or mobility needs mean that you cannot get to your appointment any other way and you require transport you should ring the Patient Transport Services (PTS) who will arrange one for you.

**Tel: 0151 706 4676**

## **Car parking**

Car parking for visitors and patients is available at the Q-Park multi-storey car park located on Prescot Street, L6 1LY.

For those with walking difficulties, there is a shuttle bus service operating between Q-Park and The Royal Liverpool University Hospital. The bus operates Monday to Friday, 6am-8pm. If you find you are waiting a while for the bus, the driver's number is displayed on the Q-Park exit.

Parking for Blue Badge holders is free at the Mount Vernon Street entrance. However, parking is limited, and you are advised to allow sufficient time for parking as you may need to redirect to the nearby Q-Park.

**Please bring this leaflet with you when you attend the X-ray department.**

## **Feedback**

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

## **Further information**

**If you have any further questions, or require further information, please contact the Radiology Appointments Office:**

**Tel: 0151 706 2759**

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