

## Having a water soluble contrast enema

X-Ray Department  
Tel: 01271 311869

### Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01271 314090 or at [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net).

### What is a water soluble contrast enema?

A water soluble enema is a special x-ray examination of the lower bowel using a liquid which shows up on x-rays to help diagnose various diseases or to check the bowel following surgery. Your specialist will have explained why you need to have this done.

### How is it done?

You will be asked to undress in a cubicle and given a hospital gown to wear. You will be introduced to the radiology nurse and radiographer who is specially trained to carry out the procedure.

You will be asked to lie on your left side while a small tube is placed into the back passage and some dye is passed into the bowel. You will be required to move into different position and x-rays will then be taken throughout.

The whole procedure will takes approximately between 15-20 minutes, after which the liquid is drained out and tube is removed. You will be shown to a private toilet to get re-dressed.

No special diet or laxatives are normally needed.

You will be able to eat and drink normally following the test.

### Are there any side/after effects?

If you have any known allergies to iodine or the x-ray dyes used in the x-ray department, please tell us.

You may notice an increase in the amount of material passed from the back passage after this test.

Occasionally the water soluble contrast substance (iodine or x-ray dyes) may cause some diarrhoea.

## Further information

If you have any concerns or questions about your water soluble contrast enema, please telephone x-ray department on **01271 311869 between 9am and 5pm, Monday to Friday**.

### **PALS**

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net). You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

## Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at [www.careopinion.org.uk](http://www.careopinion.org.uk).

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