

Contrast Enema: A Parent's Guide

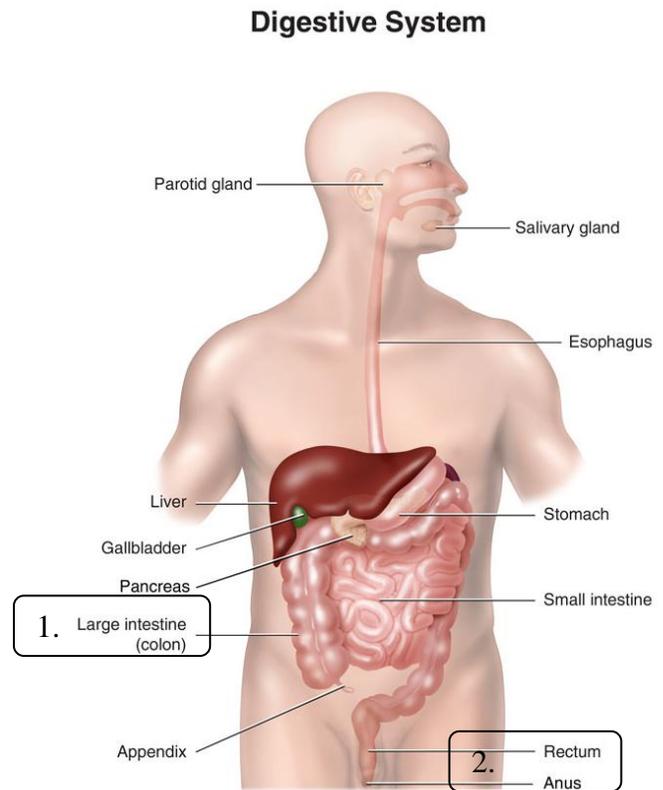
What is a Contrast Enema?

A Contrast Enema is a test that takes pictures of the large intestine (1. colon and 2. rectum).

Planning Ahead: If you plan to go into the test room with your child, please bring another adult with you to watch your children. Visiting children must stay in the waiting room and may not be left unattended.

What will happen during the test?

- A staff member will bring you and your child into the room where you will be able to stay. If you are pregnant, you will need to leave the room when x-rays are being taken.
- Your child will need to remove all of their clothing including their underwear and put on a hospital gown.
- The radiology tech will ask your child to lay on their side with their knees bent on the bed.
- The radiology tech will place gel on a small tube (catheter) to help insert a small part of it into your child's anus. Your child may feel pressure and be uncomfortable when the tube is being placed.
- A small piece of tape will be used to hold the tube in place.
- The tube is connected to a bag full of contrast. The contrast will be used to fill your child's rectum and colon.
- As the rectum and colon is filling with the contrast, the radiologist will take pictures using the fluoroscope camera. The pictures can be seen on a TV screen in the room. Your child will feel full when the contrast has entered the colon.
- Once the colon is full of contrast, the radiology tech will slide out the tube.
- Your child will need to empty his or her colon by using the restroom.
- Your child will be asked to take one last picture with an empty colon.



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How you can help your child?

- Explain to your child why the test is needed and what will happen during the test using simple words that are familiar between you and your child.
- Follow any instructions (i.e. about food or liquids) given by the doctor that asked for test.
- Be honest with your child about the test.
- Bring comforting things that your child enjoys from home such as a favorite toy, something to squeeze, blanket, book, etc.
- Give praise and support to your child during the test (say “good job holding still”, hold your child’s hand, and acknowledge his /her feelings).
- Talk or play with your child throughout exam (such as “I Spy”, reading books, telling stories, listening to music or playing with toys - some toys are available in exam room).
- Ask your child to take deep breaths. Practice deep breathing at home before the test by pretending to blow bubbles or blow out candles on a birthday cake. Deep breathing can help your child’s body to make it easier to place and remove the catheter.
- Ask questions to make sure you have all of the information you need to be prepared and best support your child.

GLOSSARY:

Anus-opening where your bowel movements come out.

Colon- (diagram)

Rectum- (diagram)

Contrast-liquid used to better see pictures of the inside of the body

Radiology tech- person who takes pictures of the body

Radiologist – doctor taking and reviewing pictures from exam

Catheter-a thin, flexible (soft) tube placed in the body

Enema- putting liquid into the colon through the anus

Fluoroscope- camera used to see moving pictures of the inside of the body

**Call 323.361.7675 to ask for a Child Life Specialist
who can talk to your child about the test or give support.**