A **Contrast Enema** is a test that uses x-rays to take pictures of the large intestine (colon).

**Before the contrast enema**, we will ask your child to
- Remove clothing
- Remove underwear
- Change into a gown
- Go to the bathroom to empty his/her bladder

Because the test involves x-rays, we ask that the parent wear a lead apron. Pregnant women must step out during the test.

A large camera mounted on the side of the table will take x-ray pictures. It will come close to your child but will not touch him/her.

**During the contrast enema**, your child will lie on the x-ray table. The technologist will take a picture of the abdomen. Next, your child will be asked to lie on his side and pull his/her knees toward his/her chest.

The pediatric radiologist (doctor) will slide a soft flexible tube into your child’s rectum. The tube will be taped in place to keep it secured to his/her bottom.

The doctor will use the tube to fill your child’s colon with contrast liquid that shows up on x-ray.

Your child will need to hold very still while the pictures are taken. Parents are encouraged to help their child stay still.

As the colon fills with contrast, the doctor will take more pictures. Your child will be asked to roll from side to side.

Your child will feel as though he/she has to go to the bathroom to have a bowel movement. Your child will also feel very full. These feelings are **normal**. Your child will be asked to wait to go to the bathroom until the pictures are completed.

After these pictures are taken, the technologist will gently remove the tape and the tube.

Your child can now use the bathroom to release the liquid and have a bowel movement (or the parent can apply a diaper).

Your child will lie back on the table and the technologist will take another picture once the colon empties.
The radiologist will send a report to your child’s doctor. Call your child’s doctor if you have any questions about the results.

**After the contrast enema**
- Your child can resume his/her normal diet and activities.

**Preparation Tips**
1. Explain to your child what will happen in words that he/she can understand.
2. Tell your child you will be there.
3. Explain the importance of holding still while pictures are being taken.
4. Practice taking slow, deep breaths, as this will help your child to relax. (Like blowing bubbles or blowing out birthday candles).
5. **For INFANTS:** Hold the last feeding before the time of the scheduled test.
6. **For CHILDREN (2 yrs and older)** - nothing by mouth for 4 hrs before the time of the scheduled test.

You may bring an item such as a blanket, stuffed animal, or bottle to comfort your child during the test.

A pediatric radiology team, (consisting of a pediatric radiologist, a technologist, a child life specialist and a nurse) is available to assist you before, during and after the procedure.

One of these members will be contacting you prior to the appointment to further discuss any of your needs.

Department of Radiology: 315-464-5189
Nurse: 315-464-7405
Child Life Specialist: 315-464-7217