

## LOWER GI TRACT X-RAY (BARIUM ENEMA) QUESTIONNAIRE

### How is the examination performed?

To visualise the lower intestine in an x-ray image, we introduce a contrast pap in the intestine by inserting a thin intestinal tube and then filling the intestine with air, during which time the x-ray is taken. This can cause bloating and flatulence. The examination lasts approximately 15-20 minutes and is not painful.

### Are there any complications?

A physician can never guarantee that a procedure is free of risk. On extremely rare occasions, there is an intestinal perforation in which the contrast medium enters the abdominal cavity. This risk is increased in an examination that occurs immediately after a tissue biopsy has been taken from the intestine.

### To avoid complications, please answer the following questions:

1. Have you recently undergone an endoscopy of the large intestine?  yes  no  
When? \_\_\_\_\_
2. Have you undergone intestinal surgery or polyp removal?  yes  no  
When? \_\_\_\_\_
3. Have you previously had an X-ray examination of you intestine?  yes  no  
When? \_\_\_\_\_
4. For women of childbearing age: Could you be pregnant?  yes  no

Throughout the examination, you are under the supervision of qualified personnel.

We can see and hear what is going on, and the examination can be terminated at any time. Please ask us about anything you do not understand; we will gladly provide you with information during an informed consent discussion.

I agree with the performance of the proposed study. I confirm that I have read and understood the text.

Date \_\_\_\_\_ Patient's signature or name/signature of accompanying person \_\_\_\_\_ Signature of informant \_\_\_\_\_

## PREPARATION FOR LOWER GI RADIOLOGY (BARIUM ENEMA)

Date of the examination:

Time:

---

### Dear patient!

You have been referred by your doctor/physician for lower GI radiology. An important prerequisite for a meaningful finding is good intestinal cleansing.

**It is therefore in your own interest to strictly adhere to the following recommendations!**

### Two days prior to the examination:

Follow a low-waste producing diet:

Rice, pasta, soups (as thin as possible, strained, with an egg), fresh cheese, steamed fish

No fruits and vegetables, no legumes

No fibre food such as cereal or wholemeal bread, no cheese

Consume **a lot of fluids** (but not fruit juice) – **at least 2-3 litres!**

### One day before the examination:

Early in the morning: Drink herbal tea, tap water or black coffee. If necessary, eat Zwieback.

Later in the afternoon: Drink 2 litres of fluids (still water).

At noon: **Low-waste** diet (noodles, potatoes, chicken, fish, white bread). No vegetables, no salad.

Afterward, take X-PREP between 2 PM and 4 PM. Follow this by drinking a large glass of still water. Drink hourly until you go to bed! At least 2-3 litres in total, mostly tap water, herbal tea or isotonic drinks – no coffee, no milk, no black tea, no fruit juices.

After taking X-PREP, do not eat anything until the examination! Defecation usually occurs after 2-3 hours. Please take account of this in your schedule. A very violent reaction to the laxative can cause intestinal cramps, especially if you have been drinking too little fluid. In this case, be sure to drink more liquid.

Attention diabetics: A bottle of XPREP corresponds 4.16 BE.

### In the morning on the day of examination:

FREKA CLYSS (enema) immediately after getting up.

You may drink about ½ litre of herbal tea, water or isotonic drinks.

Diabetics may ingest dextrose.