



Procedure Information

Water Soluble Contrast Enema

Introduction

Water Soluble Contrast Enema is a radiological examination of imaging the large bowel with the use of water-soluble contrast (as mainly when Barium is contraindicated). The procedure is performed by radiologist under fluoroscopy.

Indications

Your doctor may recommend a Water Soluble Contrast Enema if you encounter any abnormal symptoms or have concerns, including:

- Abdominal pain
- Change of bowel habit
- Rectal bleeding
- Diarrhea
- Constipation
- Post operation and check the recovery stage

Procedures

1. A foley tube is inserted into the anus of the patient.
2. The water-soluble contrast medium fills the large bowel with the radiologist's supervision under fluoroscopy.
3. An I.V. smooth muscle relaxant may be given by radiologist's decision.
4. You may experience abdominal discomfort due to distention of the large bowel by gas and water-soluble contrast medium.

Possible Risks and Complications

1. Side-effects of the pharmacological agents used
2. Rare but serious complications:
 - Bowel perforation
 - Transient bacteremia
 - Venous intravasation of contrast and allergy to contrast medium

** The risks listed above are in general terms and the possibility of complications is not exhaustive. Please understand that even though all procedures are carried out with utmost professionalism and care, this does not rule out the possibility of complications arising and may require another operation to deal with the complications.

Pre-procedure Preparations

1. The procedure and possible complications will be explained by the doctor and a consent form must be signed prior to the procedure.
2. Please inform the doctor and nurse all your past medical history, previous surgical operations, current medication and any complication with drug or anaesthesia.
3. Female who are or might be pregnant must inform to the staff.
4. Patient with glaucoma should inform our staff before the examination.
5. If patient has recent rectal biopsy, please wait for more than 7 days before the examination.
6. Please bring all relevant imaging films and reports for comparison.
7. The meal on the day before examination should be non-fat and non-residue.
8. Laxative powders will be given for bowel preparation. Do not eat any solid food for 3 hours before drinking the laxative powders. After the drinking of laxative powders, keep fasting until the whole examination is completed.
9. No food or drink six hours before procedure.
10. Please change into a surgical gown after removing all clothing including undergarments, dentures, and jewellery.
11. Please empty your bladder before the procedure.
12. For children, please bring diapers and clothes for changing.

Post-procedure Instructions

1. Since the effect of muscle relaxant may not completely subside, avoid driving or heavy machine usage.
2. You can resume normal activities or follow the doctor's instruction.

Should there be any enquiries or concerns, please consult our department (MEI).

Under the professional care of the doctor, you will gradually recover. We wish you all the best during your treatment and recovery.

If you have any questions after reading the entire leaflet, please write them down in the spaces provided in order for the doctor to further follow-up.

Compiled by Union Hospital Operating Theatre (OT) Governance Committee

The above information is for reference only, please enquire your physician for details
Our Hospital reserves the RIGHT to amend any information in this leaflet without prior notification