

# Having a Water Soluble Enema

An information guide



# Having a Water Soluble Enema

## What is a water soluble enema?

It is an x-ray investigation to look at your large bowel.

## Who performs your investigation?

A radiologist will carry out your investigation. Radiologists are specially trained doctors to carry out complex examinations and interpret and report the images. They are supported by radiographers who are highly trained to carry out x-rays and other imaging procedures.

## Are there special preparations required for this investigation?

There is no specific preparation for this investigation.

## What does the investigation involve?

Once you have arrived in the x-ray department you will be asked to change into a hospital gown. You will then be taken into the x-ray room and asked to lie on the x-ray bed. The radiologist will insert a small, soft plastic tube into your back passage and x-ray dye will pass through the tube so that we can see your bowel on the x-ray pictures. You may also be asked to lie in different positions whilst the x-rays are being taken.

Once the x-ray pictures have been collected the tube will be removed and you will be directed to the bathroom which is near to the x-ray room. When you have finished in the bathroom you may get dressed and go home.

### **How long does the investigation take and is it a painful?**

The investigation takes about 20 minutes. It is not a painful procedure but you may experience some slight discomfort when placing the plastic tube in your back passage.

### **Are there any side/after effects of the investigation?**

There are no side effects or after effects with this examination.

### **How do you get the results of your investigation?**

The results will be sent to the consultant who referred you for the investigation.

### **Important - could you be pregnant?**

This examination does involve using a small amount of radiation. This dose is kept to a minimum to reduce the risks to yourself.

This appointment for x-ray **must fall within the first 28 days of your menstrual cycle, counting the day you start your period as day 1.** If this appointment does not fall within these 28 days, or if you are at all uncertain, please contact radiology appointments on 0161 778 2233. **It is important that this rule is adhered to.**

**If you have any questions or concerns prior to the investigation you may contact the radiology booking team on 0161 778 2233.**

**If English is not your first language and you need help, please contact the Interpretation and Translation Service**

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

اگر انگریزی آپ کی پہلی زبان نہیں ہے اور آپ کو مدد کی ضرورت ہے تو ، براہ کرم ترجمانی اور ترجمہ خدمت سے رابطہ کریں

Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

ইংরাজী যদি আপনার প্রথম ভাষা না হয় এবং আপনার সাহায্যের প্রয়োজন হয় তবে অনুগ্রহ করে দোভাষী এবং অনুবাদ পরিষেবাটিতে যোগাযোগ করুন

إذا لم تكن الإنجليزية هي لغتك الأولى وتحتاج إلى مساعدة ، فيرجى الاتصال بخدمة الترجمة الشفوية والتحريرية

☎ : 0161 627 8770

@ : interpretation@pat.nhs.uk

To improve our care environment for Patients, Visitors and Staff, **Northern Care Alliance NHS Group** is Smoke Free including buildings, grounds & car parks.

For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

**For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897**


**For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service**

The Northern Care Alliance NHS Group (NCA) is one of the largest NHS organisations in the country, employing 17,000 staff and providing a range of hospital and community healthcare services to around 1 million people across Salford, Oldham, Bury, Rochdale and surrounding areas. Our Care Organisations are responsible for providing our services, delivering safe, high quality and reliable care to the local communities they serve.

The NCA brings together Salford Royal NHS Foundation Trust and the hospitals and community services of The Royal Oldham Hospital, Fairfield General Hospital in Bury, and Rochdale Infirmary (currently part of The Pennine Acute Hospitals NHS Trust).

 [www.facebook.com/NorthernCareAllianceNHSGroup](http://www.facebook.com/NorthernCareAllianceNHSGroup)

 [www.linkedin.com/company/northern-care-alliance-nhs-group](http://www.linkedin.com/company/northern-care-alliance-nhs-group)

 Northern Care Alliance NHS Group (NCA) @NCAlliance\_NHS

**Date of publication: July 2009**

**Date of review: December 2020**

**Date of next review: December 2022**

**Ref: PI(DS)573**

© The Northern Care Alliance NHS Group

[www.pat.nhs.uk](http://www.pat.nhs.uk)

[www.northernalliance.nhs.uk](http://www.northernalliance.nhs.uk)

