

钡灌肠

Barium Enema

A barium enema is an x-ray test of the large intestine, also called the colon. This test lets your doctor see the lining of your colon and rectum. Be sure to review these instructions before your test so you can prepare.

- If you take medicines each day, ask your doctor which of your medicines you should take the day before and the morning of the test.
- If you have diabetes and take insulin, check with your doctor to see if you need to adjust your insulin dose for this test.
- If you are pregnant, or think you might be, tell the staff before the x-ray is taken.

Arrive on time for your test. Plan on this test taking about 1 to 2 hours.

Before the Test

Buy these medicines from your local pharmacy. You will take them the day before your test to clear out your colon. Ask the pharmacist for help if needed.

- 10-ounce bottle of magnesium citrate
- Small box of Biscodyl (Dulcolax) laxative tablets – You will need to take 4 tablets

The Day Before Your Test

Your colon and rectum must be empty of all stool before this test. You will need to be on a clear liquid diet and take the laxative medicines.

- Do not eat solid foods or drink milk products the rest of today and until the test is done.
- **Do not drink any red liquids.**

钡灌肠是对大肠（又名结肠）进行的 X 光检查。医生通过这项检查可以看到结肠和直肠的内层情况。在检查之前，请务必阅读本说明，根据说明要求做好准备。

- 如果您每天服用药物，请咨询医生在检查前一天和当天早上应服用哪种药物。
- 如果您患有糖尿病并服用胰岛素，请咨询医生是否需要调整胰岛素剂量。
- 如果您有孕在身或认为您可能怀孕，请在检查前告知医疗人员。

请准时前来接受检查。请为本次检查留出大约 1 至 2 小时的时间。

检查之前

从当地药房购买以下药物。您需要在检查前一天服用这些药物，清空肠道。如果需要，请向药剂师寻求帮助。

- 一瓶 10 盎司装柠檬酸镁
- 一小盒比沙可啶 (Dulcolax) 泻药片——您需要服用 4 片

检查前一天

在进行这项检查之前，您的结肠和直肠必须完全排空。您只能饮用无色流质食物，服用通便药。

- 随后，在当天检查完成之前，请勿食用固体食物或饮用牛奶产品。
- 切勿饮用任何红色液体。

- **Drink clear liquids only**, such as:
 - Water
 - Clear broth or bouillon
 - Clear fruit juices without pulp such as apple, white grape, white cranberry and lemonade
 - Clear drinks such as lemon-lime soda, Kool-aid or sport drinks
 - Decaffeinated coffee or tea without milk or nondairy creamer
 - Jello or popsicles
 - Drink plenty of water or other clear liquids from the list above throughout the day.
 - At 1 PM the day before your test:
 - Pour the whole, 10-ounce bottle of magnesium citrate over ice and drink it.
 - Take 2 Biscodyl (Dulcolax) tablets.
 - If you work the day before your test, you may want to wait to take these medicines until you are at home.
 - At 5 PM or 4 hours after you took the other laxative medicines, take 2 more Biscodyl (Dulcolax) tablets with 8 ounces or 240 ml of water.
 - You will need to use the toilet often during the afternoon and evening.
 - **After midnight, do not eat or drink anything, including water.**
- **仅饮用透明的液体**，例如：
 - 水
 - 清炖肉汤或肉汁
 - 不含果肉的透明果汁，例如苹果汁、白葡萄汁、白蔓越莓汁和柠檬水
 - 透明饮料，例如柠檬酸橙苏打、酷乐 (Kool-aid) 或运动饮料
 - 不含咖啡因的咖啡或不加牛奶或非乳制奶精的茶
 - 果冻或冰棍
 - 全天饮用上述清单中列出的水或其他透明液体。
 - 检查前一天下午 1 点：
 - 将整瓶 10 盎司的柠檬酸镁瓶倒入冰中并饮用。
 - 服用 2 片比沙可啶 (Dulcolax) 药片。
 - 如果您在检查前一天仍需工作，可能需要等到返家后才能服用这些药物。
 - 在下午 5 点或您服用其他泻药后 4 小时，再服用 2 片比沙可啶 (Dulcolax) 药片和 8 盎司或 240 毫升水。
 - 您在下午和夜晚会频繁如厕。
 - 午夜后请勿饮食，包括水。

The Morning of Your Test

If you are to take medicine, take with sips of water only. If you take other medicines later in the day, wait until after your test to take them.

During the Test

- You will wear a hospital gown.
- You lie on an x-ray table below a machine that looks like a TV. You will be awake for this test and the staff will try to keep you comfortable.
- A tube is put into your rectum and a balloon is inflated on the tube to keep it in place. The doctor watches as a barium mixture flows through the tube into your colon. Air may also be put into the tube to expand the colon to get better x-ray pictures. You are asked to roll on your side during the test.
- You may feel cramping and pressure. Take slow deep breaths through your mouth to help you relax.
- X-rays are taken. You will be asked to hold your breath at times.
- The tube will be removed. You will be taken to a toilet to empty the barium and air mixture from your colon.
- Another x-ray may be taken to finish your test.
- Test results are sent to your doctor. Your doctor will share the results with you.

检查当天早上

如果检查当天早上需要服药，请仅用几小口水来送服。如果您在当天早些时候服用其他药物，请等到检查后再服用。

检查期间

- 您需要换上医院的罩衣。
- 您将躺在 X 光检查台上，上方有一台看起来像电视的设备。在检查过程中，您将保持清醒，工作人员将尽力让您保持舒适。
- 工作人员将一根导管伸入您的直肠，然后对导管上的球囊充气，将其固定在适当的位置。随后钡液会通过导管流入结肠，医生会在这个过程中进行观察。此外还会通过导管向结肠内送入空气，扩张结肠，获得更清晰的 X 光片。在检查过程中，您需要侧身滚动。
- 你可能会感到绞痛和压力。缓慢深呼吸可帮助您放松。
- 拍摄 X 光片。医生有时候可能会要求您屏住呼吸。
- 然后取出导管。随后将带您到洗手间，清空结肠内的钡液和空气混合物。
- 可能会拍摄另一张 X 光片，完成检查。
- 检查结果会发送给医生。医生会告知您检查结果。

After the Test

- You will be able to eat your normal diet.
- Drink plenty of water and other liquids the next 2 to 3 days. Avoid carbonated drinks during this time because they may cause you to have gas.
- Eat whole grains, fruits and vegetables, and/or take a mild laxative to help remove the barium.
- Your stool will be white or light in color due to the barium for a day or 2 after the test.

Call Your Doctor

Contact your doctor if you:

- Do not pass stool for more than 2 days after your test or if you are not able to pass gas from your rectum.
- Have a pencil-thin stool or notice a change in your usual bowel habits.
- Have pain in your lower abdomen (belly) or stomach.
- Do not have normal stools in 3 days.
- Have questions or concerns about your illness, medicine or the procedure.

Talk to your doctor or nurse if you have any questions or concerns.

检查之后

- 您可以正常饮食。
- 接下来的 2 到 3 天内，应多喝水和其他液体。在此期间避免饮用碳酸饮料，这可能会导致您胀气。
- 多吃全谷物、水果和蔬菜，和/或服用温和的泻药，帮助去除体内的钡液残留。
- 检查后一天或两天，体内的钡液残留会导致大便呈白色或浅色。

联系医生

如出现以下情况，请联系医生：

- 检查后超过两天无法排便，或者无法从直肠中排出气体。
- 出现铅笔般的过细排便，或常规排便习惯发生变化。
- 小腹（腹部）或胃部疼痛。
- 3 天无大便。
- 对您的疾病、药物或程序存有疑问或疑虑。

如果有任何疑问或担心，请咨询医生或护士