

# Time for pictures!

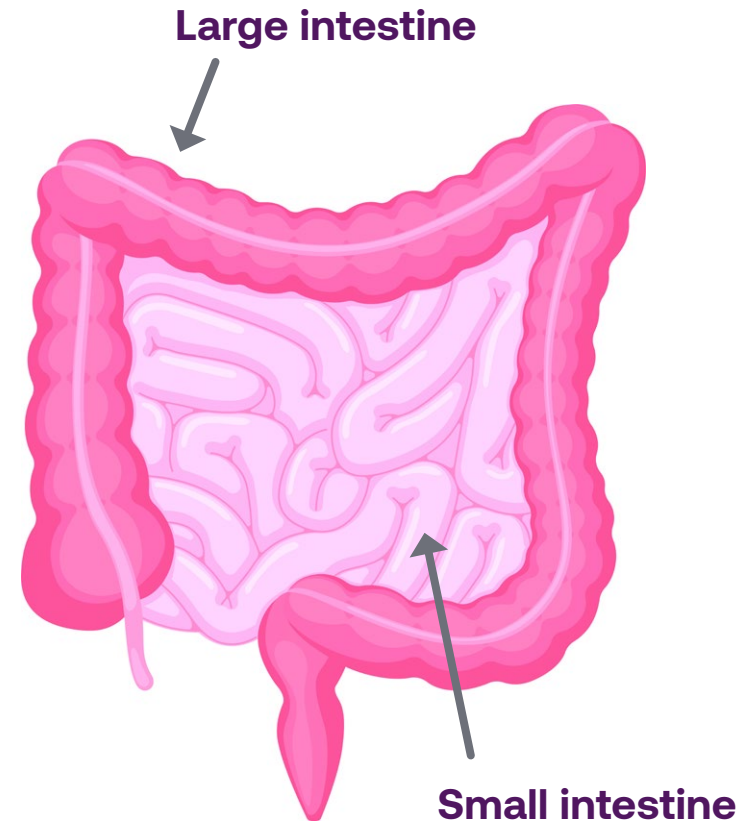


**You're going to get a colon enema.  
Here's what that's all about.**

# What is a colon enema?

A Colon Enema is a test that takes pictures of the inside of your belly where your poop is (your large intestine and colon).

During your test a camera, called an X-ray, is used to take the pictures. This camera never touches you.



# Arriving at the hospital

You'll first check in at the registration desk in the hospital's main lobby. You and your caregiver will get a bracelet to wear that has your name and birthday on it.



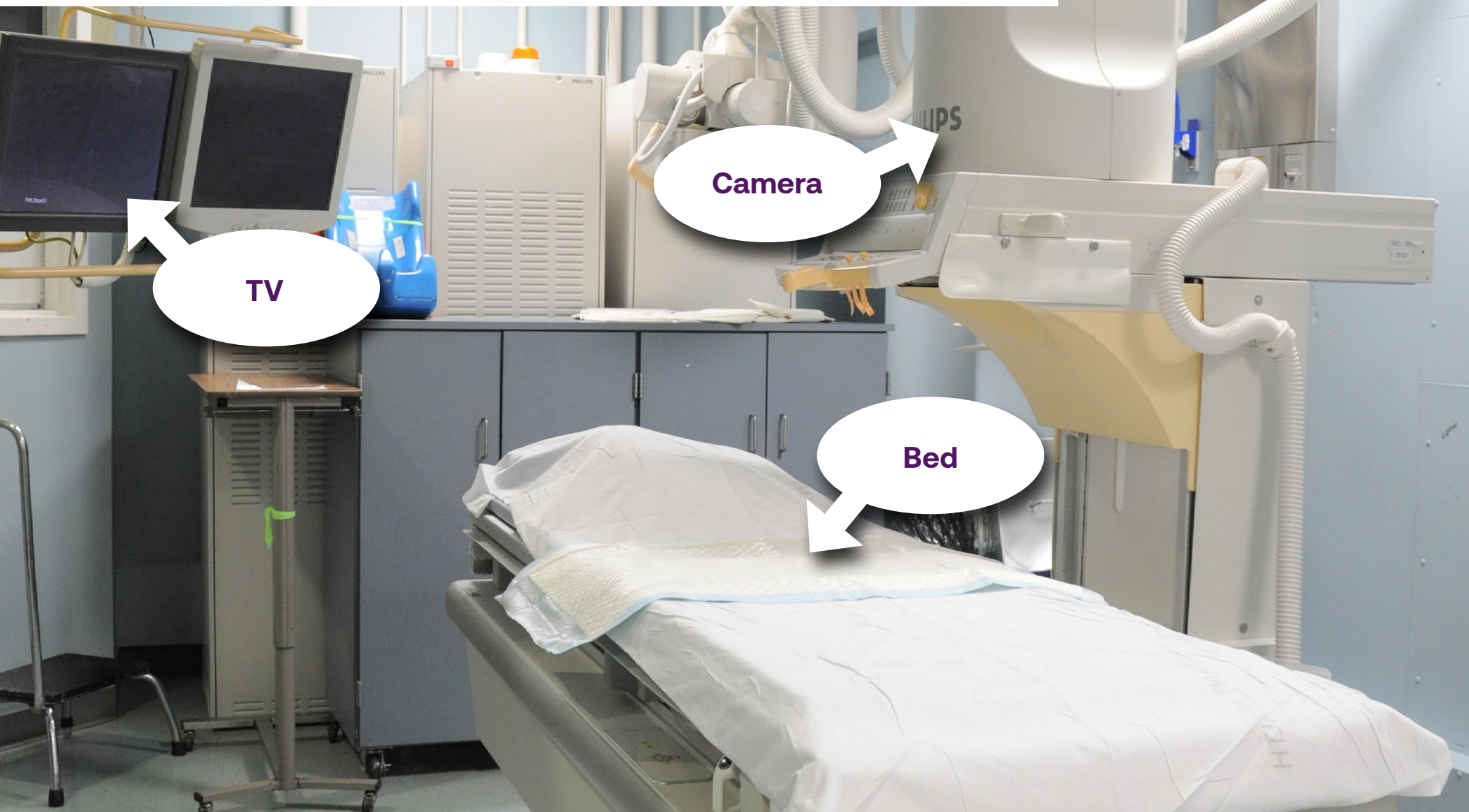
# Where you'll wait

After registration, you and your caregiver will go to the radiology waiting room and check in with a receptionist at the front desk. There's also a little room just for kids with a table, chairs and a TV! When it's time for your pictures, a radiology technologist (or a tech for short) will come to the waiting room and call your name. The tech will bring you to the colon enema room.



# Let's check out the colon enema room

This is a picture of the room where you will have your colon enema. You can see the bed you will lie on, the X-ray camera and the TV screen where the pictures of your belly show up.



**TV**

**Camera**

**Bed**

# Your care team

Because we only want pictures of you, everyone else in the room will wear a lead apron — even the grown-ups who came with you. They'll also wear something over their neck that's called a "thyroid shield."



# There's hospital PJs!

The first thing you'll do when you go into the colon enema room is to change into hospital pajamas. You only need to wear the PJs during the colon enema. Before you go home, you can put your clothes back on. After you get changed, you'll lie down on the X-ray bed.



# Positioning

When you are on the bed, you will lie on your left side, with your top leg and knee bent up toward your belly. This is the best position for the pictures.

## What to do while lying down

While you lie on the X-ray bed, you can play with an iPad, listen to music, read a book, squeeze a stress ball, play with toys or just relax.





# It's time to take your pictures

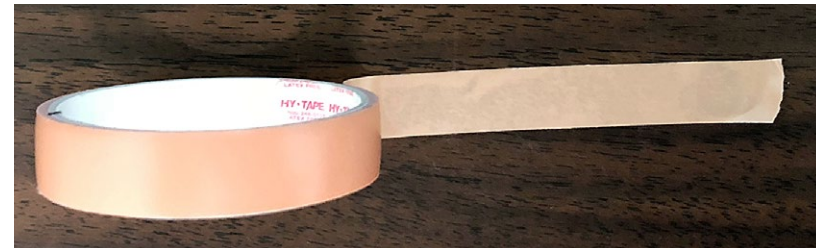
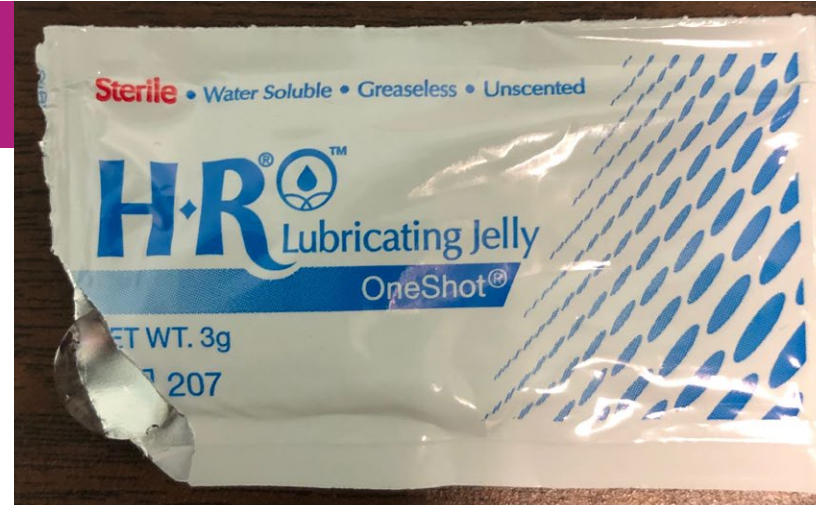
Before we start taking the pictures of your belly, a tech is going to put a small wiggly tube, called a catheter, into the hole where your poop comes out. The tube is stretchy and can easily bend. It's about the size of a piece of spaghetti. Only a little bit of the tube goes into the hole where your poop comes out, not the whole thing.



# Why you need a catheter

The tube is used to fill your colon and large intestine with “picture water.” This water is called Gastrografin. The water looks clear on the outside but shows up white on the pictures taken by the X-ray camera. The tech is going to dip the end of the tube in a jelly that helps make the tube slippery. Then the tech will put the tube into the hole where your poop comes out. Most kids say it feels like “pushing” and can be a little uncomfortable. Taking deep breaths or blowing bubbles while the tube is going in helps to relax all your muscles so that the tube slides in easier. The more relaxed you are, the easier it will be for the tech to insert the tube.

Once the tube is in, the tech will put a piece of tape over the tube and on your bottom to help keep it in place. The tech will then cover you with a blanket or sheet.



# It's time to take your pictures

It is now time to start taking the pictures of your belly. The X-ray camera will come over your belly, remember, it won't touch you at all and taking pictures does not hurt. The PA will take pictures of you laying on your back and your left and right sides. Since we are putting water into your colon and large intestine, you may feel like you have to go poop. When you feel like you have to poop, you can tell any adult in the room.

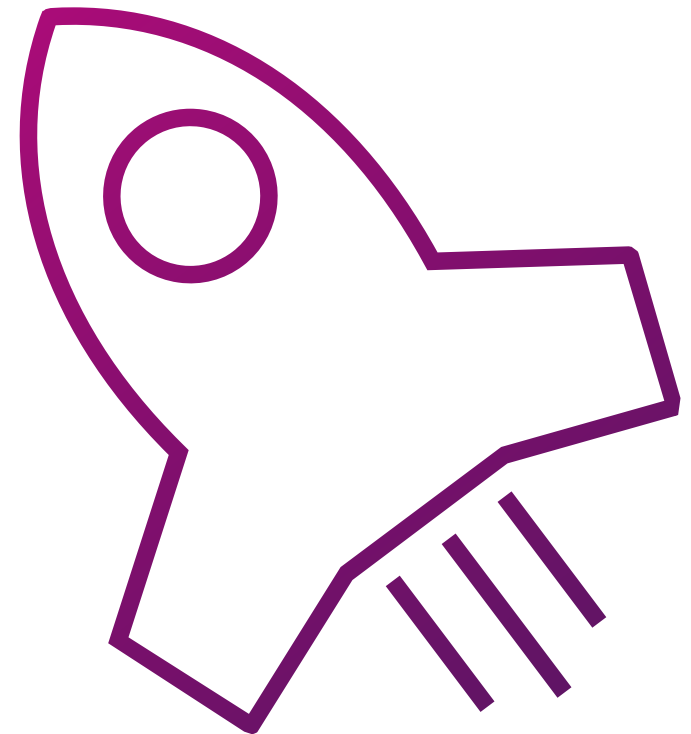


## Taking the tape off

It is now time for the tech to take to take the tape off your bottom. The tape is like removing a Band-aid. It's very sticky. Once the tape is off, the tube will slide out. This does not hurt.

## Getting one last picture

The PA will slide the camera back and it will no longer be over your belly. You'll then be asked to go sit on the toilet and try to poop. After you use the bathroom, you will lie back on the X-ray bed for one last picture. After that picture, you're all done. You can get off the X-ray bed and change back into your clothes. Once you're done changing, you'll get to pick out a new toy from the treasure chest to take home!



# Our child life specialists are here to help

Child life specialists can help reduce a child's fear associated with the hospital environment. They do this through therapeutic play, developmentally appropriate medical preparation and coping support. They can help you and your family understand what to expect during a colon enema.



# Questions?

After reading this, you might have questions. Feel free to write them down (by yourself or with the help of your caregiver) and bring them with you to the hospital. We will make sure all your questions are answered before we start!



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# GREAT JOB!

**That's the end of your colon  
enema. You're all done.**

