



COLON WITH OR WITHOUT AIR

Patient: _____ Appointment Date: _____

Appointment Time: _____ am/pm Pharmacy: _____

Location: Diagnostic Imaging Department, lower level at Mankato Clinic
1230 East Main Street, Mankato, MN 56001
Please enter the Mankato Clinic front door (marked #50)

Please check in at the Diagnostic Imaging Department.

If you are unable to keep your appointment or have questions, please call (507) 389-8570.

What is a/an Colon With or Without Air:

A colon with or without air exam is a barium enema (colon x-ray) that uses fluoroscopy to detect changes or abnormalities in your colon.

How do I prepare for the test:

- Before scheduling your test, please tell your provider if you are pregnant or think you may be pregnant.
- We recommend that you contact your insurance company prior to your appointment to understand what your coverage is for this test.
- If you wear a glucose monitor, you will be required to remove it prior to your scan for your own safety. If appropriate, you may request to have your scan scheduled to coordinate with the next replacement date of your monitor.
- To provide our best services and safety practices to you during your visit, we respectfully ask that young children do not attend parental appointments and we appreciate your understanding.

Day prior to exam:

- Begin a clear liquid diet. No solid foods. Drink only clear liquids for breakfast, lunch and dinner. It is important that you drink a variety of clear liquid beverages with calories to prevent dehydration.
- In the Morning: Fill the container of GoLytely to the fill line with warm tap water, shake well and put it in the refrigerator to keep cold. It is okay to flavor the GoLytely with Crystal Light or Kool-Aid of your choice.
- At 6:00 pm: Start drinking the first half of the GoLytely. Drink 8 oz. of GoLytely every 10 minutes until you have finished half of the contents of the container.
- Your body loses significant amounts of fluid during bowel preparation. In order to prevent dehydration, it is important to supplement that fluid loss with clear liquids. Make a conscious effort to drink as much as you can before, during and after the preparation.

Day of the exam:

- 5 hours before your scheduled exam time: Drink 8 oz. of GoLytely every 10 minutes until the container is empty.
- You may continue drinking clear liquids up to one hour before your exam time. If you are diabetic please monitor your blood sugar closely.
- **It is very important that you drink all of the prep.** *Proper bowel preparation for a colon xray is necessary in order for the radiologist to fully view your colon. If your stool is not clear liquid, your procedure may need to be rescheduled.*
- You may brush your teeth but do not drink any water while doing so.

What will happen during the test:

- You will be asked to undress and a gown will be provided.
- You will be asked to lie on your left side on the exam table.
- A small plastic tube containing a balloon will be inserted in your rectum. A small amount of air will be used to inflate the balloon making it easier to hold a chalky solution called barium in your colon. Barium makes it possible to visualize your colon.
- Barium will flow into your colon through the tube. Air may be used to distend (expand) the colon.
- You will be asked to move into different positions while the images are taken.
- After the test, the barium will be drained out of your colon through the tube. The tube will be removed and you will be assisted to the bathroom to clear as much of the remaining barium from your colon as possible. One or two x-rays may be taken to complete the exam.

Instructions for after your test:

- You may resume your regular diet unless you have been given other instructions.
- Drink plenty of water for the next 24 hours to prevent constipation. If you become constipated, you may take an over-the-counter laxative.
- Your stools will be white until all the barium has passed through your system.
- Your test will be reviewed and read by a Radiologist.
- Your test results will be available in your patient portal immediately after your provider reviews them. Your provider will discuss the results with you at your follow-up appointment. If you do not have a follow-up appointment, your provider will contact you by letter or phone within five to seven business days.