

Water Soluble Enema

What is a Water Soluble Enema? A Water Soluble Enema is a test that takes pictures of the colon.

What happens during a Water Soluble Enema?

- A child life specialist can meet with you and your child to help explain the procedure at your child's developmental level, show you pictures of the camera/room the procedure will occur in, and help your child develop a positive coping plan.
- A radiology tech will bring you and your child into the fluoro room where the pictures will be taken. Two adults are allowed to accompany your child to the exam room. If pregnant, you will be unable to stay in during pictures but are welcome to remain with your child during tube placement. If other children are brought along, one adult will need to stay in the waiting area with them.
- Once in the fluoro room your child will need to change out of all of their clothes and into a hospital gown. Your child will need to lie on the table on their side with their knees bent (with their body in the shape of a C).
- The radiology tech will place the tube into your child's anus. Your child may feel pressure and an uncomfortable feeling when the tube is being placed. Deep breathing can help lessen this sensation. The tech will use tape to keep the tube in the correct spot for pictures.
- The tube is used to fill the rectum and colon with contrast. The contrast enables the doctor to see the structure of the digestive system.
- At this point, one caregiver may remain with your child, while the other caregiver steps behind the lead glass window. While the colon is filling with contrast the radiologist will take pictures of your child on their back, stomach, and both sides using the fluoroscope camera. Your child will feel full when the contrast enters the colon. When the colon is full of contrast, the tech will take off the tape (like pulling off a band-aid/can be uncomfortable) and remove the tube.
- Your child will need to empty his or her colon in their diaper or by using the restroom. There will be another picture taken after your child has emptied their colon.



How can you prepare and support your child with their Water Soluble Enema?

- Use developmentally appropriate words to explain to your child what will happen.
- You are welcome to bring a comforting item (ex. blanket or stuffed animal) for the child to have with them during their scan.
- During the procedure provide support by holding their hands, validating their feelings, and engaging your child in distraction such as looking at a book, playing a game, playing with toys, or watching a movie.
- Participate in One Voice, an initiative to promote a calming environment by limiting the amount of voices in the room so your child knows who to focus on (parent or procedural staff professional).
- Practice deep breathing at home by pretending to blow out birthday candles or blowing bubbles.
- Display a calm demeanor, your child picks up on your anxiety and often mirrors it.

Glossary:

Anus – the opening where your bowel movements come out

Child Life Specialist – a health care professional who can help your child better understand their routine of the scan

Colon – the large intestine that is a part of the digestive system

Contrast – liquid used to see the pictures of inside the body

Digestive System – a group of organs that converts food into energy and eliminates wastes

Enema – putting liquid through the colon and the anus

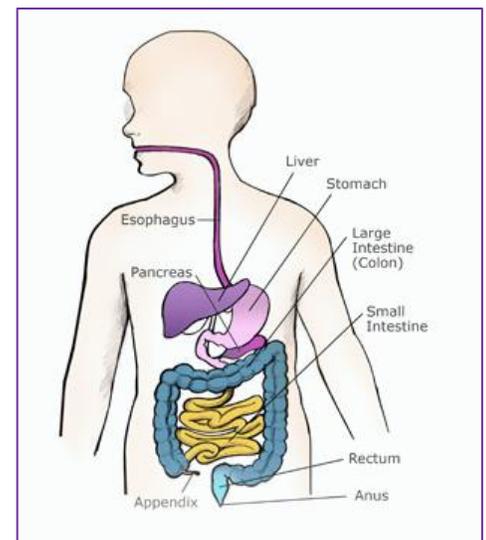
Fluoroscope - a camera to see inside your body

Radiologist – the doctor taking/reading the pictures from the scan

Radiology Tech – a health care professional who will place the tube and assist when pictures are being taken

Rectum – the final section of your large intestine

Tube – a small, flexible tube that is inserted through the anus in order to fill the colon with contrast



If you have more questions related to preparing your child for this test you can contact the Radiology Child Life Specialist at 402-955-4042.