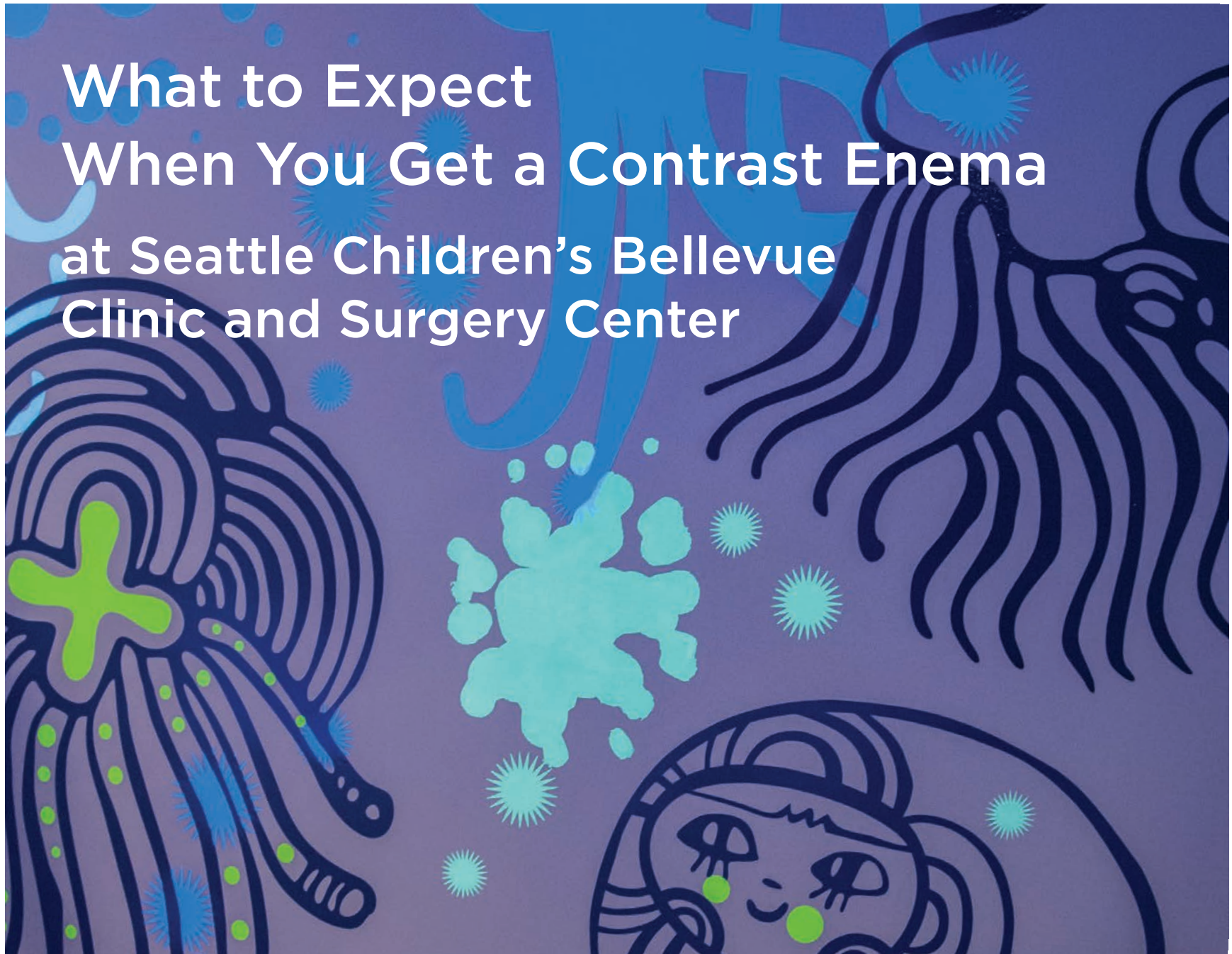


What to Expect
When You Get a Contrast Enema
at Seattle Children's Bellevue
Clinic and Surgery Center



A note about this book:

This book is for children of all ages. It explains a common patient experience of getting a contrast enema at Seattle Children's.

Some children can cope with a lot of information. Others become anxious with too much information. You know your child best: Choose which sections of this book to share.

What you can do

We encourage you to be present and supportive of your child when they are having their contrast enema. Ask your child and hospital staff how you can help.

For more information about the test, see the Children's handout Contrast Enema.

For questions or to schedule a consult with a Child Life specialist (includes medical play, coping strategies and/or a tour) please contact:

Seattle Children's Bellevue Clinic and Surgery
Center Child Life Specialists

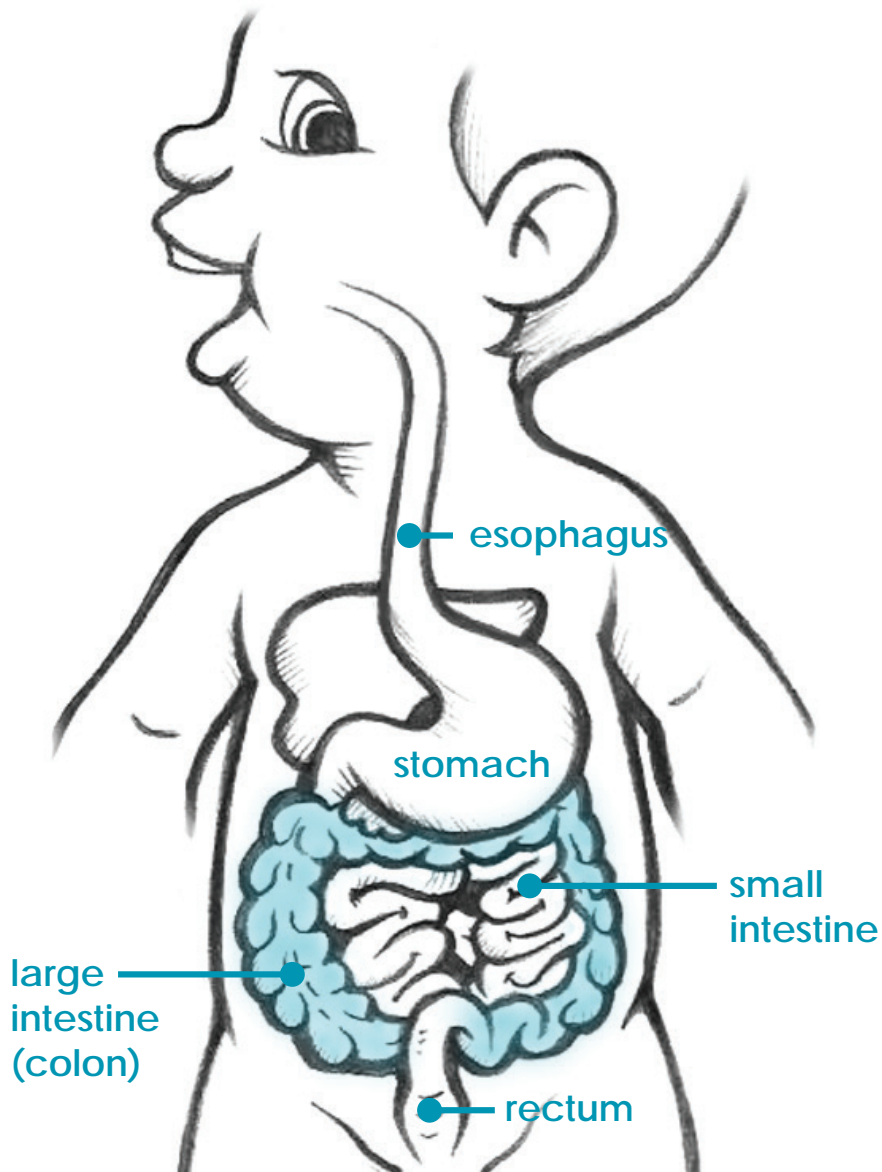
206-884-9401

You are coming to Seattle Children's for a study called a contrast enema. Many children come to Children's for this same study.

You might have a lot of questions. Read on to learn what your day will be like.



Who do you think you will meet? What are they going to do?



A contrast enema is a test that takes pictures to see how food moves through your body. The pictures will be of your large intestine, which is in your belly.

Imagine that when you eat food, it travels on a path through your body. The large intestine is the last stop on that path. Food stops there before it comes out when you go to the bathroom.

Your large intestine is also called your bowel or your colon.

Did you know that food travels through your body? The path that food takes is called digestion.

When you come to Seattle Children's with your parent or caregiver, you will first check in for your procedure.

You will get a bracelet that has your name and birthday on it. If you brought a stuffed animal with you, ask if your stuffed animal can have a bracelet too!





After you check in, you can go to the playroom, where you can play with toys or a video game or do a craft. You can also sit on the comfy couches and read or listen to something you brought from home.

Do you have a favorite toy you want to bring with you?

When it is your turn, a technologist (the person doing your procedure) will call your name. You and your family (1 or 2 adults) will walk to the room. This is where you will get ready for the contrast enema.

The technologist will give you a hospital gown to wear during your contrast enema.

You will change back into your regular clothes later to go home.





After you put on the gown, you will lie down on the bed, called an examination table. Above the bed is an X-ray camera. The doctor will use this camera to take pictures of your tummy. The camera will not touch you, it will just take pictures.

Your job is to lie still like a statue on the bed so that the camera can take a good picture. Your parent or caregiver can stand next to you.

Some kids say that being under the camera makes them feel like they are in a tent or a tunnel.



What do you think it will be like to lie under the camera?

Everyone in the room who is helping you will wear an apron so that the camera does not take a picture of them, too. You do not need to wear an apron because the camera is taking pictures of your tummy.





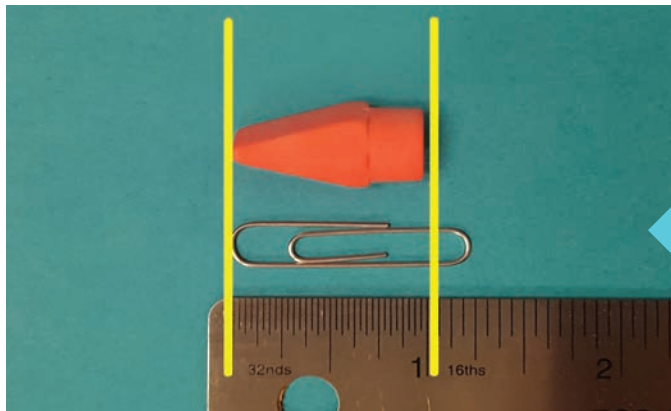
The technologist will help you first lie on your back, then turn on your side for the pictures.

While you are lying on your side, the technologist will slide a small rubber tube into the hole where your poop comes out. This tube is called a catheter.

The technologist will cover the tip of the tube with clear gel so it slides in more easily.

The tube is soft, like a noodle, and about the size of your pinky finger. Only about 1 inch of it will go into your body.

To help the tube stay in place, the technologist will put a piece of tape on your bottom.



Erasers and paper clips are about 1 inch long. What else can you find at your home that is about 1 inch long?

You can help the tube slide in easily, too! Try any of these things to relax your body:

- Imagine that your tummy is Jell-O and your arms and legs are noodles.
- Take big, deep breaths.
- Blow bubbles.
- Sing a song.
- Read a book.
- Play a game on an iPad.
- Watch a cartoon or movie.

What will you do to help your body relax when the tube goes in?





A clear liquid, called “contrast,” will flow through the tube into your body. The contrast is inside a bag that hangs from a pole near your bed.

The contrast helps the X-ray camera take good pictures of your large intestine.

When the contrast goes through the tube into your body, some kids might not feel anything and others might feel like they need to go to the bathroom.

The doctor will take lots of pictures as the contrast goes into your large intestine. They will move the camera around your body to take the pictures. Remember, the camera will not touch you.



You can see the X-ray pictures on the screen near your bed.



What does this X-ray picture look like to you?



When the contrast goes through the tube, you might feel like you have to go to the bathroom. Or your tummy might start to feel really full, like you ate a big meal.

Your job is to stay very still while the doctor takes the pictures. Your parents and the technologist can help you move onto your sides when the doctor says it's time.

After the pictures, the technologist will take the tape off of your bottom and slide the tube out.

There is a bathroom inside the room that you can use. Your poop may be runny, which is normal. You may also have to go poop more often for a day or two after the test. This is because the contrast is coming out of your body.





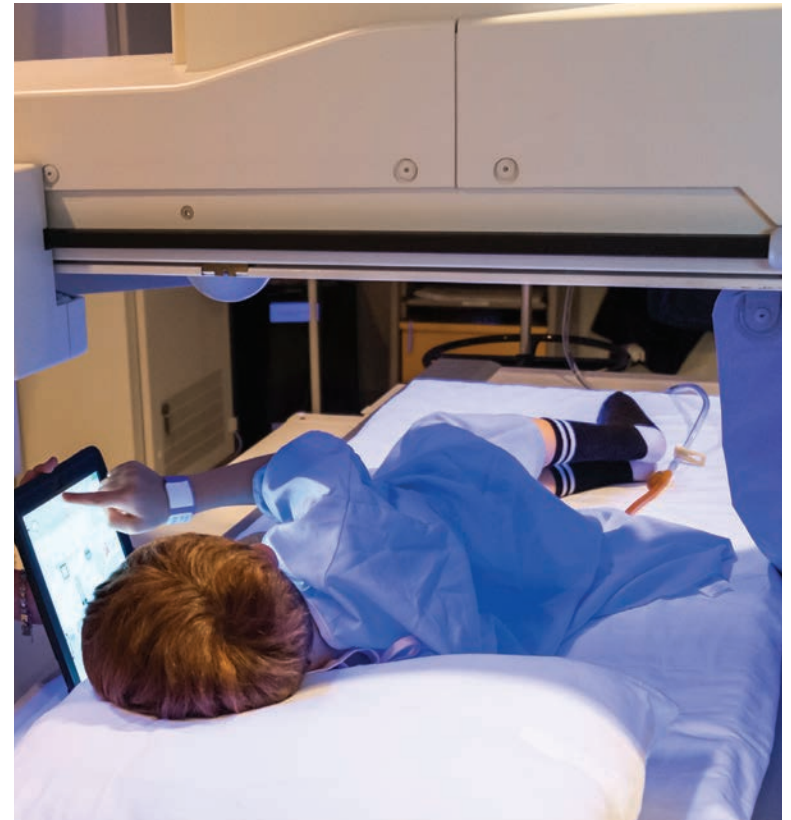
After you go to the bathroom, the doctor will take one more picture of your tummy with the X-ray camera.

Then you can take off the gown and put your clothes back on. You're all done!

Remember: During your contrast enema, you have a few very important jobs.

- Hold still like a statue so that the X-ray camera can take good pictures.
- Roll from side to side when the doctor asks you to. This will help the contrast get to all the places it needs to be in your large intestine.
- Take deep breaths. You can pretend you are blowing candles on a birthday cake, or you can blow bubbles.
- You can also watch a movie, play with a toy or video game, or hold your parent or caregiver's hand.

What will you do during your contrast enema?



My Contrast Enema Plan

For your test day, think about what jobs you will have and what will help you relax. Make a plan for your visit.

On the day of my contrast enema I will bring:

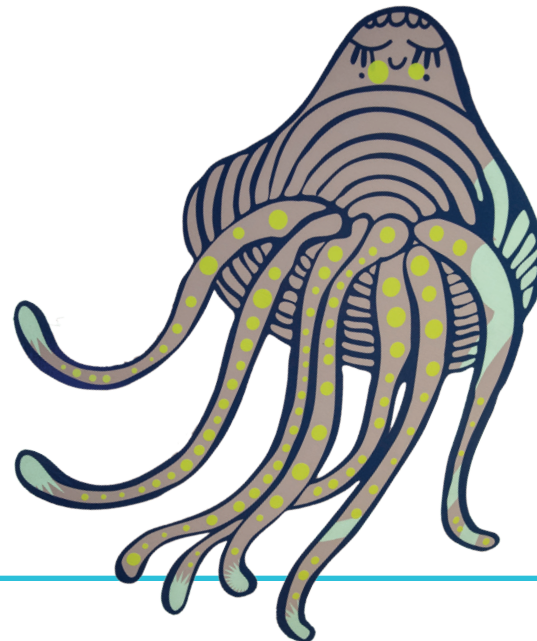
- A favorite book
- A favorite toy
- A stuffed animal
- A blanket
- A movie
- _____

During my contrast enema, I will:

- Watch a movie
- Play with a toy
- Play a video game
- Hold my parent's or caregiver's hand
- _____

My family's job will be to:

- Hold my hand
- Sing me a song
- Rub my head
- _____



Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

Learn more about what to expect during a visit to Seattle Children's on our website:
seattlechildrens.org/photobooks



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(Toll-free for business use only)
1-866-583-1527 (Family Interpreting Line)

www.seattlechildrens.org

Seattle Children's offers free interpreter services for patients, family members and legal representatives who are deaf or hard of hearing or speak a language other than English. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your needs are unique. Before you act or rely upon this information, please talk with your healthcare provider.

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