

Contrast Enema



JOHNS HOPKINS
M E D I C I N E

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ALL CHILDREN'S HOSPITAL



Hi, my name is Max. I'm going to show you what it was like for me to have a Contrast Enema procedure at John's Hopkins All Children's Hospital.

Contrast Enema procedures help doctors understand what our body looks like on the inside and how we digest food. When our bodies digest food it becomes poop. I was having trouble pooping so my doctor wanted me to have a Contrast Enema procedure.





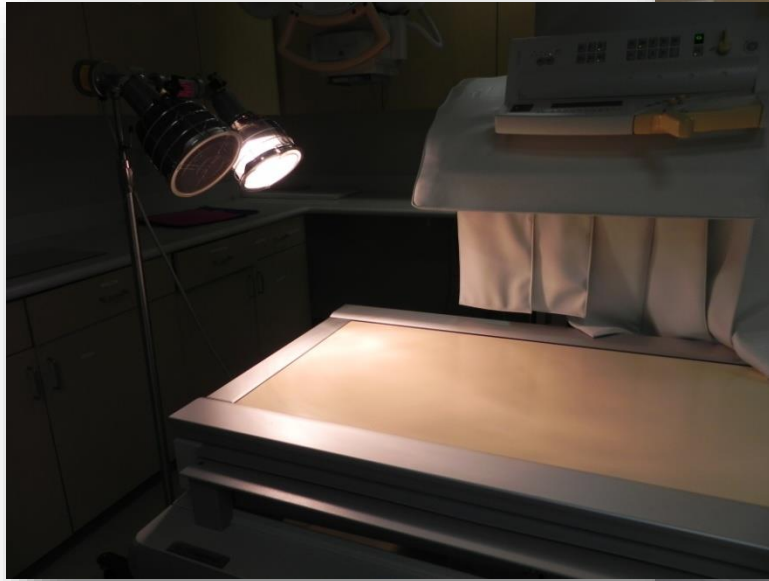
On the day of my Contrast Enema procedure, I arrived to the hospital with my mom. You might come with your mom, dad, or other family member. I walked through the entrance of the hospital and towards the Radiology Center. I waited in this area until it was my turn.



Your mom, dad, or family member will fill out paperwork at the front desk, so you might want to bring something to keep you busy. I brought my iPad, but other kids bring books, videogames, an iPod, or their favorite stuffed animal.



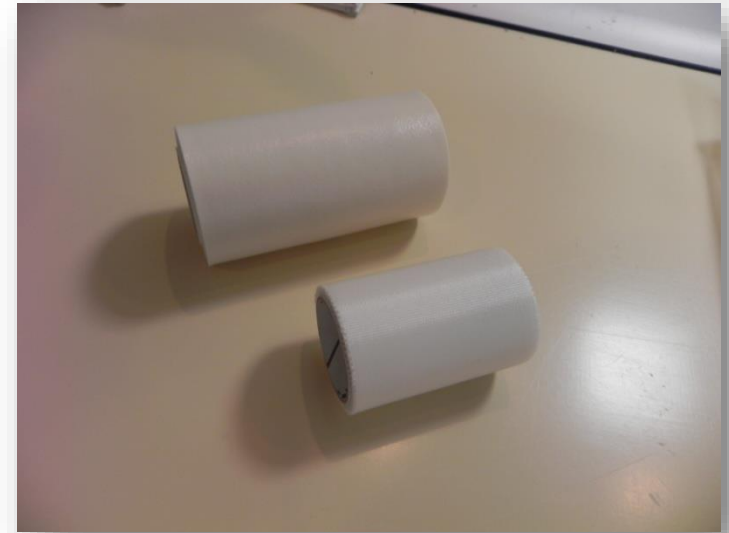
When the technologist called my name and brought my mom and I to the procedure room, I was given hospital pajamas to put on instead of my day clothes. I changed in the bathroom inside the procedure room.



Once I had my hospital pajamas on, I laid on the x-ray table. The table was warm because the technologists turned on a bright light that warms the table. The technologist also gave me a pillow to rest my head. I got to take the pillow home with me!



Once I was laying on the table, I noticed some supplies near my feet. I saw a flashlight, towels, a flexible tube (tip), lubricant (a slippery gel), and tape. I'll tell you how the technologists used these supplies during my procedure.



First, the technologists took 2 pictures of my tummy with a small camera while I laid flat on my back on the x-ray table.



Next, they moved me onto my side and asked me to take deep breaths. I blew on a pinwheel to help me! This helped make my muscles relax. My mom held my hands to help remind me to lay still.



While I was blowing my pinwheel, the technologist put the flexible tube with lubricant on it into my rectum—that's the hole my poops comes out. The tube was about the size of my pinky finger and didn't hurt as it slide in. The tube stayed in my rectum with the help of some tape.

The technologist uses this tube to slowly allow “x-ray water” to flow into my colon (where my body digests food). The x-ray water helps brighten up the x-rays like a flash would on a picture taken at night.



While my colon was filling with x-ray water, the PA (Physicians Assistant) moved the x-ray camera over my body; it was like a fort! Some hospital helpers moved my body side-to-side so the PA could get lots of pictures. My tummy started to feel like I needed to poop. My job was to hold my poop until the PA said it was time for me to go sit on the toilet.



The x-ray machine did not touch my body, but it did make some clicking sounds when the PA took my pictures. My pictures showed up on a computer screen hanging from the ceiling.



Once the PA said my colon was filled with x-ray water, the technicians took the tape off of my bottom and the tube slid out. I then walked into the bathroom with my mom's help. When used the bathroom, a lot of x-ray water and poop came out.



After I was finished pushing the x-ray water out, the technologist needed to take a couple more pictures of my tummy with a small x-ray camera again. My only job was to lay still on the table.



When I was finished with my procedure, I changed back into my day clothes. The technologist gave me a prize before I left because I was so brave!