



Contrast Enema

This is a book about getting a contrast enema at Phoenix Children's. A contrast enema is a test where the doctor takes pictures of the inside of your body while we fill it with picture water, called contrast.



When you come inside the building, someone at the check-in desk will ask your grownup questions and show you how to get to the Radiology area.



When you get to Radiology, your grownup will use a tablet to check you in and tell the staff that you are here. You can bring a toy from home to play with while you wait.

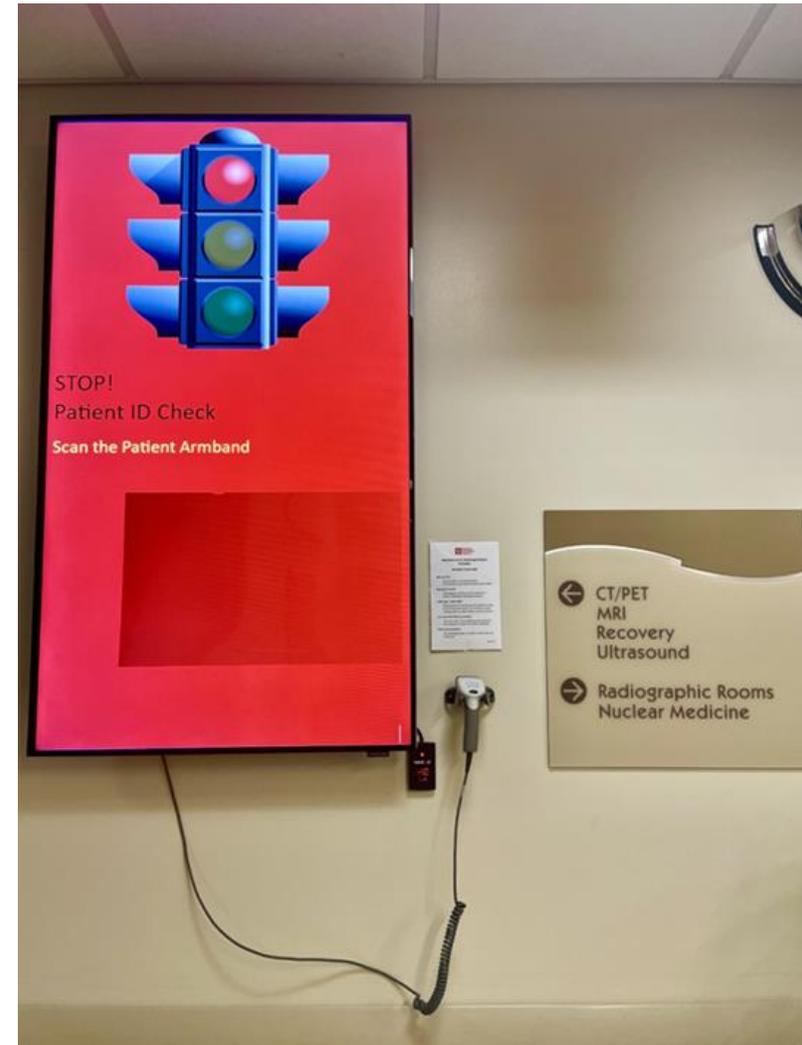


The first time your name is called, you and your grownup will go to the check-in desk and get a bracelet with your name and birthday on it. Then you will go back to your spot to wait for your name to be called again.



When they are ready to do your contrast enema, staff will call your name again and bring you to a stoplight screen to check your bracelet.

When the stoplight turns green, follow the leader to the next place!



They will bring you to a room with big cameras. This is where the doctor will take the pictures of your body.



You will change into colorful hospital pajamas that open in the back. Your x-ray tech will give you the right size for your body.

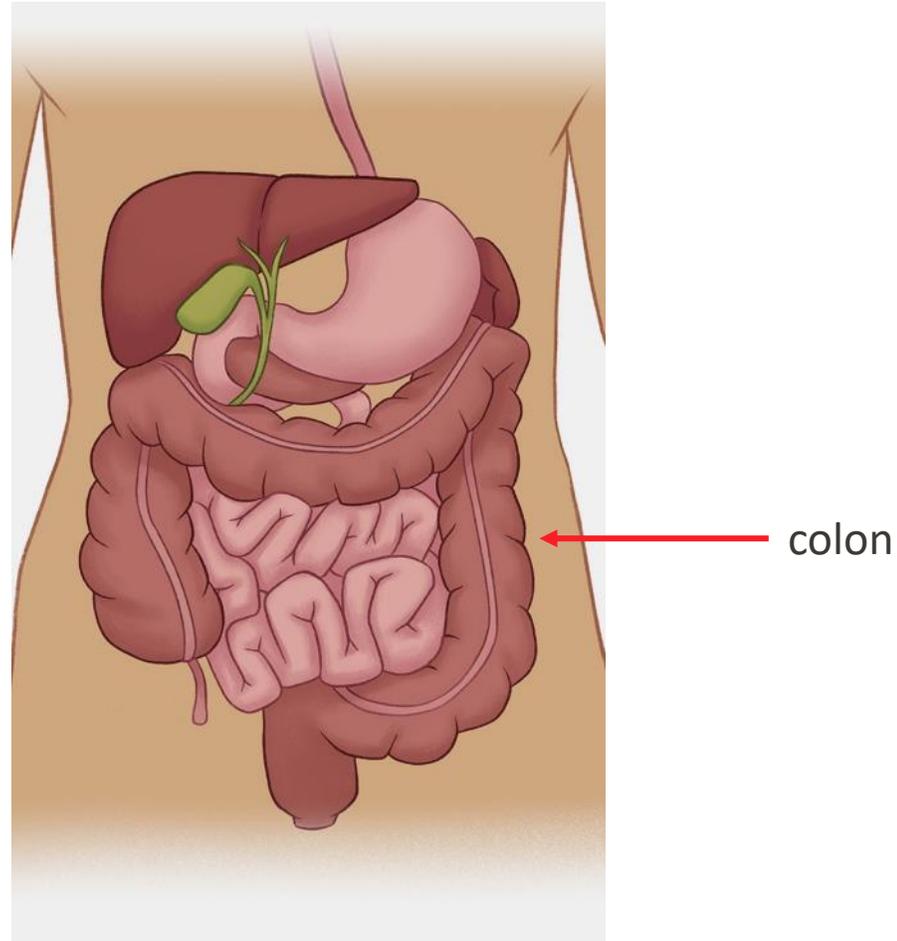


Then you will lay on the bed so we can take an x-ray picture of your belly. The camera for this picture is high above you and doesn't touch you.



You can ask the x-ray tech if your grownup can stay with you the whole time. If they can, they will wear a special outfit, too!

The part of your body we need to take pictures of is called your colon. Your colon holds your poop before it leaves your body. Another word for colon is large intestine. In this test, we will put picture water into your colon to see how it is working.



Now it's time to get ready for picture water. Some kids like to squeeze a stress ball or their grownup's hand while they get ready for their picture water. You could also choose to count, sing a song, watch a show, play on a tablet, or listen to music.



What will you choose?

The doctor will place a small, soft tube into your bottom where your poop comes out.
We will put some gel on the top of the tube to help it slide into your bottom easily.



Only this little bit of the tube
above the white tape goes
into your bottom.

Some kids say that when the tube slides into their bottom it feels like pressure or pushing. Some kids also say it feels uncomfortable. Your job is to relax your body by taking deep breaths.

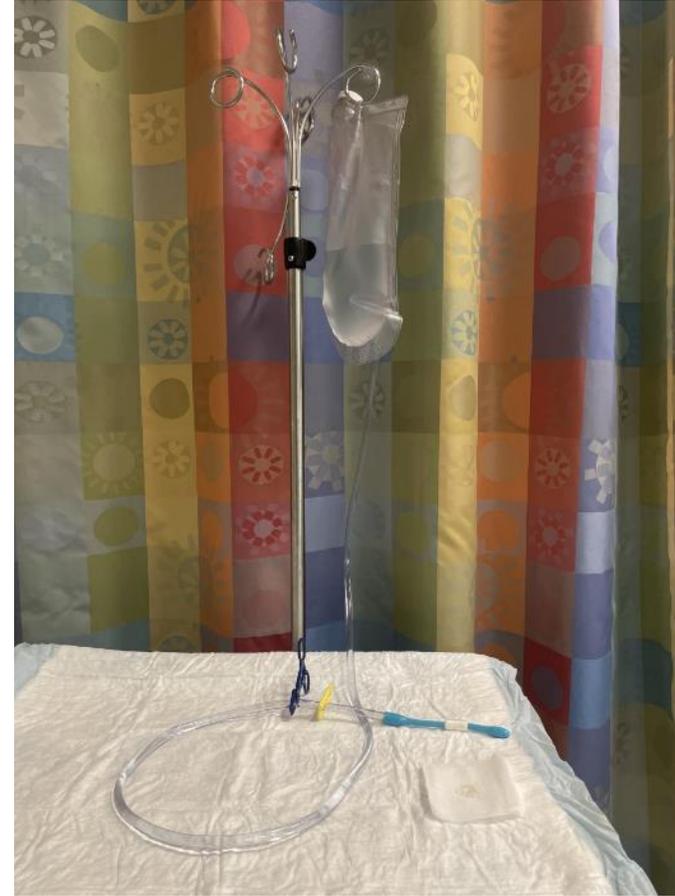


Some kids like to take breaths by blowing bubbles or a pinwheel.
Which will you choose?

The doctor will place sticky tape on your bottom to keep the tube in the right spot during your pictures.



Now we can use that tube to fill your colon with picture water. Some kids say the picture water feels cold. It looks clear in the bag, but in the pictures of your body, it will look dark gray.



What would you like to do for fun while your colon fills up with picture water?

The doctor will slide the camera over your body for your pictures. Some kids say the camera is like a tent or fort! The camera will get close to you, but it won't touch you.



The doctor will ask you to roll onto one side and then the other so that they can take pictures of the sides of your colon. It is important to keep your hands up and away from the camera so they don't accidentally get in the pictures.



As your colon fills with picture water, it may feel like you really need to poop. When the doctor is all done taking your pictures, they will take the tape off your bottom and slide the tube out. Then you can go to the bathroom.



You did it!

