



## 病人教育

造影服務部



# 下消化道造影檢查

### 如何為檢查做準備

下消化道造影檢查或鋇劑灌腸 X 光造影檢查可以幫助醫生查看結腸裡面的情況。本手冊幫助你瞭解此項檢查是怎樣起作用、檢查是怎樣進行的、如何為檢查做準備、檢查過程中會出現什麼情況，以及如何獲取你的檢查結果。

## 什麼是下消化道 (GI) 造影檢查或鋇劑灌腸 X 光造影檢查 (BE) ?

下消化道 (GI) 造影檢查，也稱鋇劑灌腸 X 光造影檢查 (BE)，是一種對大腸（也稱結腸）進行的檢查。在檢查過程中，醫生將對升結腸、橫結腸、降結腸以及直腸進行檢查。此外，還可能會檢查闌尾（如果有的話）和部分小腸。

造影的方法是通過將少量 X 光透射過身體，然後將透射結果拍攝成照片。透視使用 X 光拍攝下某個器官工作時的照片。X 光還可用來檢查結腸和直腸。透視是觀察排泄物通過下消化道 (GI) 時是否出現異常或阻滯的最好方法。

## 檢查是怎樣起作用的？

放射科醫生將少量 X 光透射過病人的身體，當透射過病人身體的 X 光照射到一塊特製 X 光片時，便拍攝出一張腹腔內部的詳細照片。

顯影劑為液體鋇，用來顯現結腸內部清晰而詳細的圖像。液體鋇是一種稠密的、不會被吸收的金屬物質，通過一根直腸管注入結腸內。鋇劑塗在直腸、結腸以及一部分下消化道的小腸內壁，產生清晰圖像。

## 如何為檢查做準備？

你的醫生將會向你詳細說明如何為下消化道檢查做準備。

- 告訴你的醫生你最近是否有過任何疾病或其他醫療狀況，以及你是否有任何藥物過敏的情況。
- 如果你可能懷孕了，告訴你的醫生或 X 光技師。

### 檢查前 2 天：

- 只喝清流質飲料。正餐可以是清湯、果汁、茶、咖啡、碳酸飲料或果凍。

### 檢查前 1 天：

- 下午 1 點..... 除清流質食物外，再喝 8 盎司清流質飲料
- 下午 2 點..... 喝 8 盎司瓶裝檸檬酸鎂（凍）
- 下午 3 點..... 除清流質食物外，再喝 8 盎司清流質飲料
- 下午 6 點..... 用 8 盎司液體送服 4 片輕瀉藥片
- 下午 7 點..... 除清流質食物外，再喝 8 盎司清流質飲料
- 晚上 10 點..... 除清流質食物外，再喝 8 盎司清流質飲料
- 睡前..... 除清流質食物外，再喝 8 盎司清流質飲料。

### 檢查當天：

- 喝至少 8 盎司咖啡、茶或果汁，但禁食其他早餐。
- 至少在前往檢查前的 1 小時，將 Dulcolax 栓劑置於直腸內。至少等 15 分鐘後才排便。
- 在預約時間到放射科報到。

### 準時到達很重要

檢查的日期和時間都是為你特別安排的。請確保有充足的時間前往醫院和泊車。我們將盡可能配合你。但是如果你遲到了，你的檢查可能要被推遲，或需重新安排另一日進行。

如果你不能按預約時間到達，請致電放射科，電話：206-598-6200。

### 檢查是怎樣進行的？

放射科醫生或放射技師將會向你說明檢查的細節，並檢查你是否有任何罕見的禁忌症（需要特別注意的問題）。進行一次下消化道造影檢查通常需時 30 至 60 分鐘。

1. 醫生會讓你躺在檢查臺上，先拍一張照片，以確保你的腸道是空的。
2. 然後，放射科醫生或放射技師將顯影劑注入已置放在你直腸內的灌腸管中。用鋇劑和水混合成的顯影劑通過灌腸管進入到你的結腸。
3. 為幫助鋇劑塗敷於結腸內壁，還可能需要通過灌腸管注入氣體。放射科醫生可能更喜歡用水和碘的溶劑而不用鋇劑來觀察結腸。

## 有任何問題嗎？

請致電 206-598-6200

你的問題非常重要。如果你有任何問題或憂慮，請致電你的醫生或醫療提供機構。UWMC 診所的工作人員亦可隨時提供幫助。

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4. 然後拍攝下一系列照片。
5. 在整個檢查過程中，放射科醫生或放射技師可能會移動你的身體，以便從各個角度拍攝結腸的照片。在檢查過程中，放射科醫生將觀察鉬劑的流入情況，拍攝或要求一些特別視圖或特寫鏡頭。
6. X 光攝影完成後，大部分的鉬劑將被回收到一個袋子中，你會被送到廁所排出剩餘的鉬劑及空氣。
7. 放射技師可能會再拍攝一些照片，以幫助醫生觀看結腸清潔的情況。然後你便可以回家。

## 檢查中我會有什麼感覺？

- 在向你的結腸注入鉬劑時，你會有想大便的感覺。你可能會感到腹部有壓力，甚至輕微痙攣。這些都是正常現象，大部分人都能忍受輕度的不適。灌腸管的頂部經專門設計，用以幫你控制鉬劑。如果你覺得不適或出現問題，請告知放射技師。
- 在檢查過程中，醫生會要求你將身體從一側轉向另一側，並保持幾個不同的姿勢。有時，可能會向你的腹部注入氣壓。進行鉬劑灌腸 X 光造影檢查時，可能會將檢查台調成垂直狀態。

## 檢查後

- 鉬劑灌腸後，你可能會出現大便困難。如果你在檢查後有便秘的徵兆，你需要喝大量的液體及服用輕瀉劑。
- 你可以立即恢復正常的飲食和生活方式。
- 檢查後一兩天內，你的大便可能會呈現白色，這是因為你的身體將鉬劑從腸道排了出來。檢查後 24 小時內，你應該多喝水。
- 如果你在檢查後超過 2 天沒有大便，或不能從直腸排出氣體，請立即致電你的醫生。

## 誰負責解釋檢查結果，以及我怎樣獲得結果？

受過訓練的放射科醫生負責解釋上消化道檢查的結果，他/她將會審查照片，並將檢查報告發送給你的家庭醫生，然後由你的家庭醫生將檢查結果給你。放射科醫生不會和你討論檢查結果。你和你的家庭醫生將根據發現的問題來決定下一步的措施，例如根據需要進行治療等。

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Lower GI Exam  
Chinese

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# Lower GI Exam

## *How to prepare for your procedure*

A lower GI or barium enema exam will allow your doctor to see the inside of your colon. Read this handout to learn how the exam works, how it is performed, how to prepare for the exam, what to expect during the exam, and how to get your results.

### **What is a lower gastrointestinal (GI) tract radiography or barium enema (BE)?**

Lower gastrointestinal (GI) tract radiography, also called a barium enema (BE), is an exam of the large intestine, also known as the *colon*. The ascending colon, the transverse colon, descending colon and the rectum are checked during the exam. The appendix may be seen if it is present, and a part of the small intestine may be seen.

Pictures are created by passing small amounts of X-rays through the body and taking pictures of the results. *Fluoroscopy* uses X-rays to take pictures of an organ while it is working. Still X-ray pictures can be useful in checking the colon and rectum. Fluoroscopy is the best way to view abnormal or blocked movement of waste through the lower gastrointestinal (GI) tract.

### **How does the procedure work?**

Small amounts of X-rays are passed through the body. When a special X-ray film plate is exposed to the absorbed X-rays, a detailed picture of the inside of the abdomen is captured.

Contrast material is used to provide clear detail of the inside of the colon. Liquid barium, a thick, non-absorbable metallic substance, is placed into the colon through a rectal tube. The barium coats the inside of the rectum, colon, and a part of the lower small intestine, and creates a clear picture.

### **How should I prepare for the exam?**

Your doctor will give you detailed instructions on how to prepare for your lower GI exam.

- Tell your doctor about any recent illnesses or other medical conditions, as well as any allergies you might have to medicines.
- Tell your doctor or X-ray technologist if there is any chance you are pregnant.

***For 2 days before your exam:***

- Take only clear liquids. Meals may include clear broth, strained fruit juices, tea, coffee, carbonated beverages, or Jell-O.

***On the day before your exam:***

- 1 p.m. ....Drink 8 oz. clear liquid, in addition to the clear liquid diet.
- 2 p.m. ....Drink 8 oz. bottle of Magnesium Citrate (cold).
- 3 p.m. ....Drink 8 oz. clear liquid, in addition to the clear liquid diet.
- 6 p.m. ....Take 4 Dulcolax tablets with 8 oz. of liquid.
- 7 p.m. ....Drink 8 oz. clear liquid, in addition to the clear liquid diet.
- 10 p.m. ....Drink 8 oz. clear liquid, in addition to the clear liquid diet.
- Bedtime....Drink 8 oz. clear liquid, in addition to the clear liquid diet.

***On the day of your exam:***

- Drink at least 8 oz. of coffee, tea, or strained fruit juices, but no other breakfast.
- At least 1 hour before leaving for your exam, insert Dulcolax suppository into your rectum. Wait at least 15 minutes before evacuating.
- Report to the X-ray department at your appointed time.

**It Is Important to Arrive on Time**

The date and time of your exam are reserved specifically for you. Be sure to allow plenty of time for getting to the hospital and for parking. Every attempt will be made to accommodate you. However, if you arrive late, your exam may be delayed or need to be rescheduled for another day.

Please call the X-ray department at 206-598-6200 if you are not able to keep your appointment.

**How is the exam performed?**

The radiologist or technologist will discuss details of the exam and can review rare *contraindications* (problems that need special attention). A lower GI study usually takes 30 to 60 minutes.

1. You will be placed on the table, and a picture will be taken to make sure that your bowels are empty.
2. The radiologist or technologist will then send the contrast material through a small tube placed into your rectum. A mixture of barium and water is passed into your colon through the tube.
3. To help the barium coat the lining of the colon, air may also be sent through the tube. The radiologist may prefer a water and iodine solution instead of barium to view the colon.

## Questions?

Call 206-598-6200

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help at any time.

**Imaging Services**  
**206-598-6200**

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4. A series of pictures will then be taken.
5. You may be moved throughout the exam to allow the radiologist or technologist to capture views of the colon from all angles. During the exam, the radiologist will watch the delivery of barium, and will take or request special views or close-up pictures.
6. Once the X-ray pictures are done, most of the barium will be drawn back into a bag, and you will be sent to the bathroom to get rid of the remaining barium and air.
7. The technologist may then take more pictures to help the doctor see how well the colon has cleared. You may then go home.

## What will I feel during the exam?

- As the barium fills your colon, you will feel the need to move your bowel. You may feel abdominal pressure, or even minor cramping. These are common, and most people can put up with the mild discomfort. The tip of the enema tube is designed to help you hold in the barium. If you are having trouble, tell the technologist.
- During the exam, you will be asked to turn from side to side, and to hold several different positions. At times, pressure may be applied to your abdomen. With air contrast studies of the bowel, the table may be turned upright.

## After Your Exam

- After a barium enema, you may have trouble moving your bowels. If you have a tendency to be constipated, you may want to drink a large amount of fluid and to take a mild laxative after your exam.
- You may return to a normal diet and lifestyle right away.
- Your stools may appear white for a day or so, as your body clears the barium from your system. You should drink extra water for 24 hours after the exam.
- If you do not have a bowel movement for more than 2 days after your exam, or are unable to pass gas rectally, call your doctor promptly.

## Who interprets the results and how do I get them?

A radiologist trained to interpret upper GI exams will review the pictures and send a report to your doctor, who will give you your test results. The radiologist will not discuss the results with you. Based on the findings, you and your primary care doctor will decide the next step, such as treatment for a problem, as needed.

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