

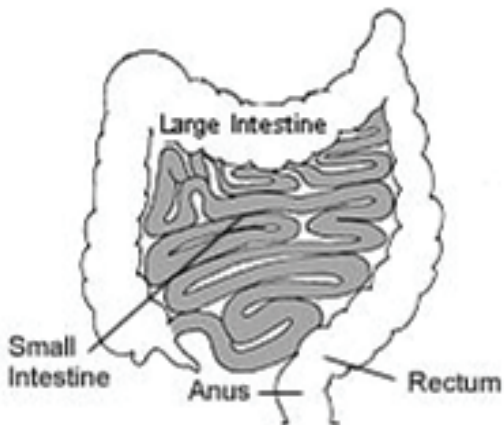
BE

(Barium Enema)

What is a BE?

Note: Child-friendly language in blue.

- A BE is a set of pictures of your child's large intestine.
- A BE uses a kind of X-ray called fluoroscopy, and special liquid called contrast, to help see inside of your child's body.



Patient in Fluoroscopy Room in Hospital Gown

Why is it done?

- A BE will show the structure of your child's large intestine, and how it is working.
- This exam checks for possible reasons why your child is having difficulty going to the bathroom.

What can I do to help my child?

- Parents/caregivers are strongly encouraged to stay with their child throughout the entire procedure whenever possible. Women who may be pregnant cannot be in the fluoroscopy room during the BE. In these cases, another trusted adult is encouraged to stay with the child during this time.

What should I expect during the procedure?

The entire test takes about 30-40 minutes and is done in three stages.

Stage 1: Getting ready

- First, your child will change into a hospital gown (special picture outfit) and will be helped onto the camera bed.
- The technologist (person who helps take the pictures) will then take the first X-ray (warm-up picture) of your child's abdomen (belly).
- The radiologist (picture doctor) will ask your child to lay on his or her side and pull their knees close to their chest.
- The radiologist will then gently slide a small slippery tube into your child's rectum (bottom) and will secure the tube using tape.
 - * This may cause your child to feel a sense of pressure.
 - * Encourage your child to take deep breaths to help him/her relax during this part.

Stage 2: Pictures

- The radiologist will position a large camera above your child and begin to let contrast (special water) flow through the tube into your child's large intestine.
 - * Your child might feel cramping or like they have to go to the bathroom. Continue to encourage deep breathing to help ease any discomfort your child may experience.
- Your child will then be helped to turn from side to side under the camera, so that the radiologist can get pictures of both sides of the body.

Stage 3: Taking the tube out/ Going to the bathroom

- Once all of the pictures have been taken, the contrast is let out through the tube while your child is still laying down.
- The radiologist or technologist will gently slide out the tube and your child may be asked to use the bathroom next to the procedure room, to help empty any remaining contrast into the toilet.
- A final X-ray picture will be taken after all or most of the contrast is out of your child's large intestine.
- Results will be sent to your doctor in 1-2 business days.



Technologist and Patient in Fluoroscopy Room

Tips for preparing your child for a BE



Infants (0-12 months old):

- Remember you are the most important thing to your child. Your presence will help them feel as safe and secure as possible.
- Prepare yourself. If you are prepared mentally and physically, you will be more relaxed around your child.
- Bring familiar objects that comfort your child such as a favorite blanket, toy or pacifier.
- Remember that children use many different ways to cope. Crying is a healthy and normal way for children to cope because it allows them to express their emotions.

Toddlers (1-3 years old):

- Begin preparing your child the day before.
- Let your child know that he or she will have special pictures taken, so the doctor can learn about his or her body.
- Use simple words to describe what your child may experience.
- Reassure your child that you will be close.
- Bring comfort items with you that help your child feel safe, such as a favorite toy or blanket.
- Toddlers are learning to be independent and make their own choices; offer them realistic choices. For example, “Which stuffed animal should we bring?”

Preschoolers (3-5 years old):

- Begin preparing your child about 1-3 days in advance.
- Talk to your child about why they are having pictures taken. For example, “The doctor wants to take special pictures of the part inside your body that helps you go to the bathroom.”
- Let your child know that a small, soft slippery tube will be placed inside their bottom to help them get ready for the pictures.
- Talk about ways to make the tough parts easier such as practice blowing out birthday candles and deep breathing to get through any difficult parts of the exam.
- Talk about how holding still during the pictures is your child’s big job, so that the pictures don’t turn out blurry.

School Age and Up (6 years and up):

- Prepare your child at least a few days in advance.
- Talk to your child about why the doctor wants to take special pictures of inside his or her body. For example, for a younger child, “So the doctor can learn more about how your body works.” For an older child, “So the doctor can learn about how your large intestine is working.”
- Explain to your child what he or she might, see, hear and feel, in the order things will occur, using child-friendly and/or real terms depending on your child’s age/preference.
- Talk to your child about different ways to cope. Some children like to know everything that is happening during the exam, and some want to direct their attention elsewhere. Remind them that either way is okay.
- Encourage your child/teen to ask questions.



My questions for the Radiology staff ...

- 1.
- 2.
- 3.
- 4.
- 5.

Child Life

Children's National Medical Center Department of Radiology is staffed with two full-time Child Life Specialists at Children's National Medical Center Main Campus, and one full-time Child Life Specialist at Children's National Imaging Montgomery County Regional Outpatient Center. Child Life Specialists are trained to address the emotional and developmental needs of children and their families during healthcare experiences, and can provide procedural preparation and support before and during your child's exam.

Phone Numbers

- If you would like to speak to a Child Life Specialist before your child's Radiology appointment at Children's National Medical Center Main Campus, please call **202-476-3338**.
- If you would like to speak to a Child Life Specialist before your child's Radiology appointment at Children's National Imaging Montgomery County Regional Outpatient Center, please call **301-765-5727**.
- For more information about hospital-wide Child Life Services at Children's National Medical Center, please call **202-476-3070**.

Children's National Medical Center supports the Image Gently campaign and strives to keep radiation exposure to our patients as low as possible. For more information on this campaign, please visit www.imagegently.org

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