



## 下消化道造影檢查

### 關於你的檢查

下消化道 X 光造影檢查或鋇劑灌腸造影檢查可以幫助醫生查看結腸裡面的情況。本手冊解釋此項檢查的工作原理、檢查如何進行、如何為此項檢查做準備、檢查過程的預期步驟，以及如何獲取你的檢查結果。

### GI 代表什麼意思？

GI 代表消化道。它指的是胃和腸道。下消化道是指大腸（即結腸），大腸包括升結腸、橫結腸、降結腸、乙狀結腸，以及直腸。

### 什麼是下消化道 X 光造影檢查或鋇劑灌腸造影檢查？

下消化道 X 光造影，亦稱為鋇劑灌腸造影 (BE) 是一項對大腸各個部分進行造影的檢查。此項檢查還會顯示出闌尾（如果存在的話）以及部分小腸。

用小量 X 光線透射過身體來產生圖像。X 光透視機使用 X 光線，通過移動和拍攝來獲取圖像。

### 此項檢查的工作原理？

將一根灌腸管插進直腸，然後將液體鋇劑，一種顯影劑，透過插入直腸的灌腸管注入結腸。液體鋇劑是一種較稠的金屬物質，它不會被身體吸收。它會覆蓋在直腸、結腸和部分小腸下部的內壁上。

我們將小量 X 光線透射過你的身體，然後使用一種特殊的 X 光膠片感光板來產生結腸內部活動的清晰圖像。



某個病人下消化道的 X 光圖像

## 如何為檢查做準備？

如果你需要以一種特別的方法為下消化道造影檢查做準備，你將會收到詳細明確的指示。

## 請按時赴診

檢查的日期和時間只為你保留。請留出充足的時間，以便讓自己有足夠時間前來醫院和停車。如果你遲到了，我們仍會盡力為你做檢查。但是，你的檢查可能要被推遲，或需要重新安排另一天做。

如果你無法按時赴診，請致電 X 光造影檢查部，電話：206-598-6211。

## 此項檢查如何進行？

放射師或技師將會詳細告訴你有關此項檢查的過程，並會檢查你是否患有罕見的禁忌症（需要特別注意的疾病）。進行一次下消化道造影檢查通常需時 30 至 60 分鐘。

1. 你將仰臥在檢查臺上，放射師會給你拍一張圖像，確保你的腸是空的。
2. 放射師或技師將一根灌腸管插進你的直腸。然後將鋇劑和水混合的顯影劑透過這根管子注入你的結腸。有時候，他們可能會使用水和碘混合的顯影劑，而不使用鋇劑來檢查結腸。
3. 為幫助鋇劑能夠覆蓋在結腸內壁上，也可能透過灌腸管注入一些空氣。
4. 然後拍攝下一系列照片。
5. 檢查過程中，你可能需要移動身體，讓放射師或技師能夠從各個角度獲取結腸的視圖。放射師將監控鋇劑，並拍攝或要求拍攝特殊的視圖或特寫的圖像。
6. 拍完所有 X 光造影圖像後，我們將大部分鋇劑從你的結腸吸回到一個袋子裏。我們將會要求你如廁，將剩餘的鋇劑和空氣排掉。
7. 技師可能會拍攝更多圖像，以幫助醫生查看你的結腸內鋇劑清除的程度。之後你便可以回家。

## 檢查中我會有什麼感覺？

- 當將鋇劑注入你的結腸時，你會感到需要去大便。你可能會感到腹部有壓力，或者甚至有些絞痛。這些都是正常的，大多數人都能夠忍受這種輕微的不適。灌腸管的頂部經專門設計，用以幫你控制鋇劑。如果你有任何不適，請告訴技師。

- 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。將空氣注入灌腸管（見第 2 頁上的步驟 3）時，你躺著的檢查臺可能要豎起來。

## 檢查後

- 鋇劑灌腸造影後，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。
- 你可以立即恢復你的正常飲食和活動。
- 檢查後約一天時間內，你的糞便可能是白色的，這是因為你的身體將鋇劑排出了體外。檢查後 24 小時內要多喝水，這有助於你的身體將鋇劑排乾淨。
- 如果你在檢查後超過 2 天沒有大便，或者不能排放出你直腸中的空氣，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？

一名受過下消化道造影檢查結果分析訓練的放射師將審閱這些圖像，並把一份報告寄給你的醫生。檢查完成後，放射師還會和你討論你的檢查結果。

你和你的家庭醫生將根據你的檢查結果決定下一步，例如根據病情需要進行治療等等。

### 有任何問題嗎？

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。

造影服務部: 206-598-6200

## Lower GI Exam

### *About your exam*

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

### What does GI stand for?

GI stands for *gastrointestinal*. It refers to the stomach and the intestines. The *lower* GI is the large intestine (colon), which includes the *ascending* colon, *transverse* colon, *descending* colon, *sigmoid* colon, and the *rectum*.

### What is a lower gastrointestinal tract radiography or barium enema?

Lower *gastrointestinal tract radiography*, also called a *barium enema* (BE), is an exam of all parts of the large intestine. The exam may also show the *appendix* (if it is present) and part of the small intestine.

Images are created by passing small amounts of X-rays through the body. *Fluoroscopy* uses X-rays to obtain images of an organ while it is moving and working.

### How does the exam work?

Liquid barium, a *contrast material*, is placed into your colon through a tube in your rectum. Barium is a thick, metallic substance that your body will not absorb. It will coat the inside of your rectum, colon, and a part of your lower small intestine.

Small amounts of X-rays will pass through your body. We use a special X-ray film plate to create a detailed picture of the movement inside of your colon.



*An X-ray of one patient's lower gastrointestinal tract*

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

If you need to prepare in a special way for your lower GI exam, you will receive detailed instructions.

## **Please Arrive on Time**

The date and time of your exam are reserved just for you. Please allow plenty of time to get to the hospital and to park. If you are late, we will still try to do your exam. But, your exam may be delayed or need to be rescheduled for another day.

Please call the X-ray department at 206-598-6211 if you cannot keep your appointment.

## **How is the exam done?**

The radiologist or technologist will talk with you about 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 lie down on a table, and a picture will be taken to make sure your bowels are empty.
2. The radiologist or technologist will place a small tube inside your rectum. Then they will put a mixture of the barium contrast material and water into your colon through this tube. Sometimes they may use a water and iodine mixture instead of barium to see your colon.
3. To help the barium coat the lining of your colon, air may also be passed through the tube.
4. A series of pictures will then be taken.
5. You may need to move during the exam to allow the radiologist or technologist to get views of your colon from all angles. The radiologist will monitor the barium, and will take or request special views or close-up pictures.
6. Once all the X-ray pictures are taken, most of the barium will be drawn back from your colon into a bag. We will ask you to use the bathroom to get rid of the rest of the barium and air.
7. The technologist may take more pictures to help the doctor see how well the barium has cleared from your colon. After that, you may go home.

## **What will I feel during the exam?**

- As the barium fills your colon, you will feel the need to have a bowel movement. You may feel pressure in your abdomen, or even some cramps. This is all normal, 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 any 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. If air is passed through the tube (see step 3 on page 2), the table you are lying on 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 your normal diet and activities right away.
- Your stools may be white for about a day, as your body clears the barium from your system. Drink extra water for 24 hours after the exam to help your body get rid of the barium.
- If you do not have a bowel movement for more than 2 days after your exam, or you cannot pass gas through your rectum, call your doctor right away.

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

A radiologist who is trained to interpret lower GI exams will review the pictures and send a report to your doctor. The radiologist will also talk with you about your test results after your exam.

Based on your results, you and your primary care doctor will decide the next step, such as treatment for a problem, as needed.

### **Questions?**

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

Imaging Services:  
206-598-6200