CT contrast / gastrograffin enema : technique and tips

1. *Contrast solution preparation*: General principle is more or less same as that for oral contrast. In general dilution ratio is 1:20- that is for every 20 ml water , we add 1ml Gastrographin. This means for 1L water solution we will need 50 ml contrast. (This will result in 1050 ml of solution). For purpose of enema, one will usually need about 500 ml solution (may be up to 1l depending on clinical situations). **So for 500 ml water we will add 25ml Gastrographic.**
2. *Inserting the catheter*- insert rectal catheter. Usually no need to inflate balloon (will be done by Junior doctor from surgery).
3. Raise the enema bag by height of roughly 40 cm.
4. Acquire a pre- contrast imaging of the Pelvis and abdomen prior to starting the enema.
5. Start enema and acquire second phase imaging after enema is complete (if IV contrast administration has been planed then this is the time when it will be given).