

Having a Small Bowel Meal or Follow-Through

Information for Patients

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Introduction

This leaflet tells you about having a Small Bowel Meal or Follow-through. It explains how the test is done, what to expect, and what the possible risks are.

If you have any questions or concerns, please do not hesitate to speak to a doctor or nurse caring for you.

What is a Small Bowel Meal/Follow-through?

A Small Bowel Meal (follow-through) is an X-ray examination to assess the part of the bowel beyond the stomach (the small bowel). This is not usually seen on X-rays. Barium, a white liquid that shows up on X-rays, is swallowed and fills the small bowel to make it visible on the X-ray images. This makes it possible to assess the anatomy and function of the small bowel.

The test is commonly performed in people who have difficulty swallowing, indigestion, vomiting, anaemia or blood in the stool.

What do I need to do to before my test?

Bowel preparation.

It is very important for the stomach and small bowel to be empty before the test is performed so that the small bowel can be clearly seen. You will be given a leaflet explaining this bowel preparation in more detail. The leaflet gives dietary instructions about what you should and should not eat or drink before your test. Sometimes a mild laxative is prescribed to clear the small bowel prior to the test. It is very important that you follow the instructions you are given.

Taking tablets and medicines

You should continue to take all your normal medication unless you are diabetic taking insulin. If you are diabetic using insulin, please contact the Radiology department for advice.

Females

Females are asked to contact the Radiology department if you suspect that you may be pregnant OR if the appointment is more than 10 days after the start of your last period. This test uses radiation and there is a risk to the unborn baby if we were to do the X-rays when you are pregnant. When you arrive for your test, you will be asked when your last period started. If it is more than 10 days earlier, your appointment will be postponed.

Allergies

You should inform us in advance if you have any known allergies.

Where do I go when I arrive at the hospital?

Please report to the reception desk in the Radiology department (B7) with your appointment letter 10 minutes before your appointment time. Please click on the following link for a site map of the hospital:

http://www.ruh.nhs.uk/finding/documents/RUH_directory_map.pdf

You will be asked to sit in the waiting area until called by a member of staff. A member of the team will explain the test and answer any questions. If you have to undress for the procedure, you will be shown to a private cubicle and asked to change into a clean gown. You will be asked to remove all jewellery and metal from the area to be scanned. Your clothes and valuables will be secured in a locker until after the procedure.

Can I bring a relative or friend?

You may bring a relative or friend with you to the appointment but, as the examination uses x-rays, for reasons of safety they will not be able to accompany you into the examination room, except in very special circumstances. If the patient is a young child or is un-cooperative, a parent or health worker may stay in the room, but will be required to wear a protective lead apron.

If you need an interpreter please tell us when you receive your appointment so that we can arrange this.

What happens during the procedure?

You will be asked to drink a couple of cupfuls of barium (white x-ray contrast). After this you will be taken into the screening/fluoroscopy room and asked to lie down on the fluoroscopy table. The fluoroscopy equipment uses x-rays to obtain real-time moving images of the body. A small beam of continuous x-rays passes through the body to an image intensifier, which is suspended over the X-ray table. The sequence of images produced can be viewed on a computer monitor.



Images of the small bowel will be taken at regular intervals eg every 15 minutes until the barium has reached the large bowel. You may be asked to lie in different positions and pressure may be applied to your abdomen in order to improve the quality of the images. You will be asked to wait in the fluoroscopy waiting room in the time intervals between images.

The procedure will be performed by a Radiologist, who is a doctor specially trained to carry out complex imaging examinations and to interpret the images. The Radiologist is helped by a Radiographer, who is a professional trained to carry out X-rays and other imaging examinations.

Occasionally the barium is slow to move through the small bowel. In this case, you may be given a small injection of an anti-sickness medication (Metoclopramide) into a vein. This stimulates the muscles of the small bowel to speed up the passage of barium through the bowel.

The examination takes between 45 minutes and 3 hours to complete.

What happens after the test?

At the end of the test you will be able to leave immediately. You can eat and drink normally and take your normal medications.

You should drink plenty of fluid for the remainder of the day to flush the Barium through your system. Your stools may appear pale for 2-3 days after the procedure.

Are there any risks?

Fluoroscopy involves the use of X-rays. There are strict guidelines in place for the use of x-rays in diagnosing medical conditions so fluoroscopic examinations can only be performed at the request of a Doctor. We will keep the radiation dose as low as we possibly can. Women who are or might be pregnant must inform a member of staff in advance.

You may experience slight discomfort whilst compression is applied to the abdomen. Please inform the Radiologist if this causes you any concern or pain.

Barium is not absorbed into the blood and allergic reactions are extremely rare.

Despite these slight risks, your doctor believes it is advisable that you should have this examination, and do bear in mind there are greater risks from missing a serious disorder by not having your scan.

How do I get my results?

The Radiologist will review the images from your Small Bowel Meal and send a report to your doctor. Your GP or hospital Consultant who referred you for the test will see you to discuss the results.

In some cases the Radiologist may discuss the findings with you at the end of the procedure.

Any questions?

We will do our best to make your visit as comfortable and stress free as possible. If you have any questions or suggestions for us, please contact the Interventional Radiology department on 01225 824366.

More information

For general information about Radiology departments, visit The Royal College of Radiologists' website: <https://www.rcr.ac.uk/public-and-media/what-expect-when>

For information about the effects of x-rays read the National Radiological Protection Board (NRPB) publication: 'X-rays how safe are they?' on the website: http://www.hpa.org.uk/webc/HPAwebFile/HPAweb_C/1194947388410

How do I make a comment about my examination?

If you have any concerns or suggestions following your examination, please contact the [Patient Advice and Liaison Service \(PALS\)](#),

Royal United Hospital Bath NHS Trust, Combe Park, Bath BA1 3NG.

Email: ruh-tr.PatientAdviceandLiaisonService@nhs.net

Tel: 01225 821655 or 01225 826319