

SMALL BOWEL FOLLOW THROUGH PROCEDURAL INFORMATION AND POST-PROCEDURAL PATIENT INSTRUCTIONS

What is a Small Bowel Follow-Through?

You will be asked to drink a liquid suspension called Barium that “highlights” your small intestines with the use of fluoroscopy (real-time X-ray) dye. After you drink approximately 240 mL of Barium, X-rays will be taken of your abdomen until the Barium travels all the way through your small intestine, into your colon. X-ray images will be taken every 15 minutes for the first hour and every 30 minutes thereafter (until the Barium reaches the colon). Once the Barium reaches your colon, the radiology provider will look at your intestines with fluoroscopy. This examination may help provide a diagnosis for your suspected condition(s).

Post-Procedural Instructions

You may resume your normal diet and activities after you examination, unless your doctor advises you otherwise. There are no physical restrictions after you examination.

The Barium that you drank is not absorbed into the body. The Barium is expelled via normal bowel movements. Your bowel movements may be lighter in color until all of the barium has been excreted. Barium may cause constipation or possibly obstruction if it isn't completely eliminated from your body. *To avoid constipation you should drink plenty of fluids and eat foods high in fiber to expel the barium from the body.* In rare cases, barium may irritate the small intestine. Drinking plenty of fluids can also help prevent irritation.

Notify your doctor if you experience any of the following:

- Difficulty with bowel movements or inability to have a bowel movement
- Pain and/or distention of the abdomen
- Stools that are smaller in diameter than normal

Your doctor may give you additional or alternate instructions after the procedure, depending on your particular situation.

If you have any questions, comments, or concerns, please call us at 630-545-7880.