YOUR DOCTOR HAS REQUESTED A SMALL BOWEL FOLLOW-THROUGH

AM
Your appointment is on ___/___ at __ : __ PM in adult Radiology DCAM 1C. Please arrive 20 minutes early to this appointment to complete the necessary paperwork.

PURPOSE: To examine your small bowel by sending barium through your digestive system. This barium will make your intestine visible on X-rays.

PREPARATION: If you are on medication or a medical diet, consult your personal physician before these instructions begin. There must be no food in your system when the radiologist takes X-rays of your small bowel. Thus you will need a 10 oz. bottle of magnesium citrate, a powerful bowel-cleansing medication. You can get this at any pharmacy, including the one on the first floor of the DCAM outpatient building, 5758 So. Maryland Ave.

If you suffer from diabetes or renal failure your doctor will give you a prescription for Golitely, or Colyte, both powerful bowel-cleansing medications, (you will not be given magnesium citrate). You can get Golitely or Colyte at any pharmacy, including the one on the first floor of the outpatient facility, DCAM - 5758 So. Maryland Ave. Colyte and Golitely are salty and somewhat unpleasant to drink, but taste better cold. They come in a 4-liter container with powder at the bottom. You must fill and mix the entire container with water.

ON THE DAY BEFORE YOUR EXAM: You may only swallow clear liquids such as water, apple juice, grape drink, bouillon soup, diet pop, Jell-o, tea or coffee without milk. Be sure to drink lots of these liquids. NO FOOD OR OTHER LIQUIDS ARE ALLOWED.

5:00 PM Drink the entire contents of the 10oz bottle of magnesium citrate

After Midnight You may swallow NOTHING. Your stomach must be completely empty for the exam on the next day. This means no food and no water until you’re released.

ON THE DAY OF THE EXAM:
Remember not to swallow anything until after your exam. If there are still food particles in your system we may have to reschedule you.

EXAMINATION: The technologist will give you one or two cups of barium to drink, which will make your system visible to the X-ray. In 15 minutes the technologist will begin taking images to study the progress of the barium through your small bowel. You may also be given two tablets of Reglan that will help the barium move through your system, but there’s no telling how long it will take for the barium to demonstrate your entire small bowel. It may take as little as 15 minutes or extend for several hours. You may see other patients arrive after you start and leave before you finish, but please be assured that there is no way to speed up your own exam without disturbing its quality or accuracy.

If the radiologist needs to examine the area where your small bowel touches your colon, a soft tube may be inserted into your rectum to inflate some air into the intestine. The radiologist may also give you an injection of Glucagon to make your bowel relax. By turning you from side to side on the exam table, air can be made to flow into the desired area, making the X-ray easier to read. An average exam takes about 30-40 minutes.

POST PROCEDURE INSTRUCTIONS:
Once the radiologist has reviewed your images you will be dismissed. You should drink plenty of fluids for the next three days to help eliminate any leftover barium. A report will be sent to your doctor in about three business days.