

## **Barium Follow Through – A Patients Guide**

### **What is a Barium Follow Through?**

A Barium follow-through allows us to look at the middle part of the bowel (the small bowel). Your doctor will have explained why you need to have this done.

Barium is a white substance which shows up the outline of the bowel on X-ray pictures, acting like a temporary dye.

### **Before your scan**

It is important that the bowel is correctly prepared prior to the examination. Please have **Nothing to eat or drink for 6 hours** prior to your examination. Please contact the department if you are diabetic.

Please bring a list of any medications you are taking, and a dressing gown

### **What happens when I arrive?**

On arrival in the X-ray Department, you will be asked to change into a gown. Your clothes will be placed in a bag and brought with you to the examination room. When the time comes for your test, you will be taken into the X-ray Room

### **What does it involve?**

The Radiologist will talk to you about exactly what is going to happen. A radiographer may also be present.

You will be positioned on the x-ray equipment and given some barium to drink. You will then be asked to move into certain positions and x-ray images will be taken. After about 15 minutes you will be asked to sit in the waiting room for a while to allow time for the barium to reach the small bowel. Over the next 2 hours you will be brought back in the examination room for more images. The procedure will be complete when the barium has made its way through the small bowel.

### **Are there any side/after effects?**

The barium may make you constipated. Therefore, to help prevent constipation have lots to drink for a day or so to flush the barium out of your gut. If you are able to, eat plenty of fruit for a day or so.

### **After the examination.**

You should be able to go home as soon as the test is finished. Some people feel a little sickly for a few hours afterwards. You can eat normally straight after any barium test.

**Further information**

If you have any concerns or questions about your Barium Follow Through please telephone the 1<sup>st</sup> Floor X-Ray Reception Desk.

**When will you get the results?**

Your results will be sent to your referring consultant or GP.