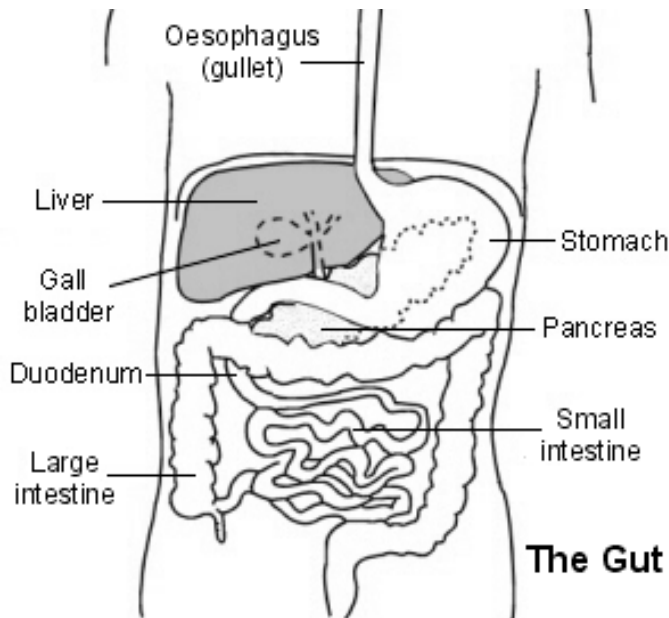


Information for patients having a Barium Follow Through Please read all of this leaflet carefully

What is Barium Follow Through?

Barium Follow Through is an examination to look at your small intestine (the part of your bowel which joins your stomach to the large intestine).



Why has my Doctor sent me for Barium Follow Through?

Your hospital consultant or GP may have sent you for barium follow through for a number of reasons. Your symptoms may include pain, or weight loss. This test will help to decide what is causing your symptoms.

What preparation will I need?

In preparation for your barium follow through, it is important that your bowel is prepared and free from content. You will be given strong laxatives, which will make you empty your bowels. You will also need to stop eating for a period of time before your test.

The laxative we will give to you is called Picolax (sachet) or Dulcolax (tablets).

Information for Patients

If you have a morning appointment - picolax only :-

- You should have nothing to eat from 1pm on the day before your examination.
- At 3pm on the same day you should take the sachet of Picolax we have sent you.

You can eat and drink as normal after the examination.

If you have an afternoon appointment – picolax only :-

- You should have nothing to eat from 8pm on the day before your examination.
- At 7am on the morning of your examination you should take the sachet of Picolax we have sent you.

You must not have anything to drink on the morning or afternoon of your examination.

If you have been asked to take **Dulcolax** please take the 2 yellow tablets at 4.00pm the day before your examination. Please have nothing to eat or drink from midnight until after your appointment

How will this preparation make me feel?

The laxative will make you empty your bowel with urgency. It is advisable to stay close to a toilet once you start taking the preparation. You should keep drinking enough fluid whilst taking this medication to prevent dehydration, about a small glass full (250 ml) every hour while awake. If you develop the symptoms of dehydration and cannot increase your fluid intake, then you should seek medical attention. These symptoms include dizziness or light-headedness (particularly on standing) thirst of reduced urine production

What if I am Diabetic?

If you are diabetic and have any concerns please call us on the following telephone numbers

Birmingham Heartlands Hospital

0121 424 2541

Good Hope Hospital

0121 424 9933

What if I could be pregnant?

If you are a female between the ages of 12 and 55 years, this examination must be performed within 28 days of the start of your last menstrual period. Please inform the department if your examination falls after this time or if there is a possibility that you may be pregnant?

Can I still take my medication?

You must stop any white tablets for 24 hours prior to your examination. Please contact your GP to confirm that it is appropriate for you to do so. However, no other medication should be taken within one (1) hour of taking picolax

Information for Patients

What does Barium Follow Through Involve?

You will be asked to change into a hospital gown leaving on only your underwear. You will be given a hospital gown, or you may bring your own dressing gown from home if you prefer. You will then be brought into the x-ray room and asked to drink a small jug full of white chalky liquid. Sometimes you will be asked to drink a small amount of a clear liquid called Maxalon.

You will then have an x-ray taken every 15 -30 minutes until the liquid has reached your large bowel. This can take about 2 hours. At this point you may be taken into another x-ray room so that some different pictures can be taken, while the Doctor moves you into different positions and presses your tummy.

Who will be in the room?

There will be a Radiologist in the room who will perform the examination. They will be assisted by a Radiographer and a Radiology Assistant, who will help to make sure you are comfortable. There may also be a student in the room, observing the procedure. However, if you are not happy to have a student present, you do not have to agree.

Do I have to have an injection?

We do not usually give you an injection for this examination. However, sometimes the Doctor performing your Barium Follow Through may feel that this is necessary.

How long will the examination take?

This depends on how quickly the barium reaches your large bowel. It can take between 1 – 2 hours

Can I eat as normal afterwards?

Yes. However, the test can make you a little constipated, so we recommend that you eat plenty of fibre for the next few days.

Will I notice anything different after the test?

For the next few days, after your test, your stools will also be white due to the barium. You may be constipated. This is quite normal. You should ensure that you continue to drink plenty of fluid and eat more fibre (bran flake, fruit and vegetables) for a few days after your test.

When will I get my results?

Your results will be returned to whoever referred you for this test (GP or hospital consultant) and they will contact you with the results.

Where can I find more information?

If you have any questions please do not hesitate to contact us on the following numbers:-

Birmingham Heartlands Hospital
Good Hope Hospital

0121 424 2451
0121 424 9933

Information for Patients

Further Sources of Information

The following web site may also be helpful:- The Royal College of Radiologists:-
www.rcr.ac.uk

You can visit the Heart of England Radiology department website: - www.heft-radiology.co.uk

Additional Sources of Information:

You can go online and view NHS Choices website for more information about a wide range of health topics <http://www.nhs.uk/Pages/HomePage.aspx>

You may want to visit one of our Health Information Centres located in:

- Main Entrance at Birmingham Heartlands Hospital Tel: 0121 424 2280
- Treatment Centre at Good Hope Hospital Tel: 0121 424 9946

or contact us by email: healthinfo.centre@heartofengland.nhs.uk.

Our commitment to confidentiality

We keep personal and clinical information about you to ensure you receive appropriate care and treatment. Everyone working in the NHS has a legal duty to keep information about you confidential.

We will always ask you for your consent if we need to use information that identifies you. We will share information with other parts of the NHS to support your healthcare needs, and we will inform your GP of your progress unless you ask us not to. You can help us by pointing out any information in your records which is wrong or needs updating.

Dear Patient

We welcome your views on what you liked and suggestions for how things could be improved at this hospital. If you would like to tell us and others about your experience please make your comments through one of the following sites:-

- NHS Choice:- www.nhs.uk
- Patient Opinion:- www.patientopinion.org.uk
- I want great care:- www.iwantgreatcare.org (Here you can leave feedback about your doctor)
- Radiology Website:- <http://www.heft-radiology.co.uk/Default.asp?page=443>

Be helpful and respectful: think about what people might want to know about this hospital or how your experiences might benefit others. Remember your words must be polite and respectful, and you cannot name individuals on the NHS Choice or Patient Opinion sites.

If you have any questions you may want to ask about your condition or treatment, or anything you do not understand or wish to know more about, write them down and your doctor will be more than happy to try and answer them for you.