

## Small Bowel Follow Through Exam

### *What to expect and how to prepare*

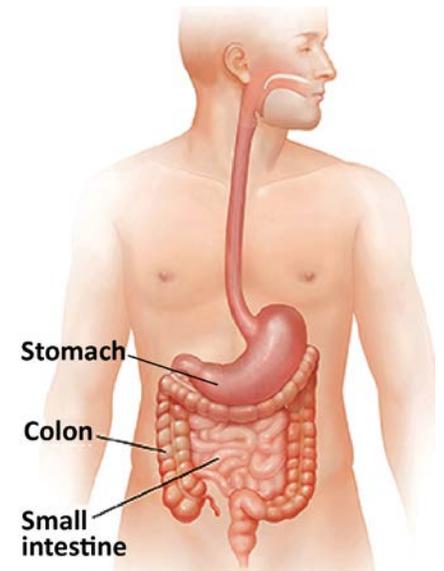
*This handout explains how a small bowel follow through exam works. It includes how to prepare, what to expect, and how to get your results.*

### What is a small bowel follow through exam?

A *small bowel follow through* (SBFT) exam is an exam of the small intestine. The exam uses a special type of X-ray called *fluoroscopy*. A fluoroscope takes real-time moving images of your intestines.

### How does the exam work?

Before the exam, we will ask you to swallow a liquid *contrast agent* called *barium*. The barium coats the inside of your intestines and appears bright white on the X-rays. This helps details of your intestines show more clearly on the images.



*The small intestine is part of the lower digestive tract.*

### How do I prepare?

Most patients have this exam because their primary care provider (PCP) has ordered it. Your PCP will give you details on how to prepare for your exam, as needed.

Be sure to tell your provider about:

- Any recent illnesses or other medical conditions
- Any allergies you have to medicines, and if you have ever had an allergic reaction to contrast that contains iodine

### Women

Tell your provider if there is any chance you are pregnant.

### **The Night Before**

- You may eat your evening meal as usual.
- Do **not** eat anything after midnight

### **The Morning of Your Exam**

- Do **not** eat or drink anything.
- Do **not** smoke or chew gum.
- It is OK to take prescribed medicines with small sips of water.

### **What can I expect?**

- We usually schedule this exam in the morning. This shortens the length of time you have to go without eating or drinking.
- You will be asked to put on a hospital gown and pants.
- You will need to remove jewelry, metal, and any plastic objects that could show up on the X-ray images.
- The exam can take from 1 to 5 hours. The length depends on how quickly the barium moves through your small intestine.

### **How is the exam done?**

- A technologist will help you get into position on an exam table.
- The technologist will then take an X-ray. This is done to get a “baseline” image of your intestines before you drink the barium.
- You will then drink 2 bottles of liquid barium, which is like a thin milkshake.
- After you have swallowed all the barium, we will take another X-ray. The fluoroscope will show how the barium is moving through your body.
- We will take more images as the barium moves through your small intestine. The exam is done when the barium reaches the large intestine.

### **What will I feel during the exam?**

- The liquid barium has a berry flavor, but may taste a little chalky.
- After you drink the 2 bottles of barium, you may feel full.
- You may hear noise when the fluoroscope moves and takes images.

- You will lie on a hard exam table while the radiologist takes the X-rays.
- At times, we will ask you to:
  - Hold your breath and hold still to keep the images from blurring
  - Turn from side to side
  - Hold different positions
- At times, we may use a gloved hand or paddle to apply pressure to your belly.
- After we've taken enough images, we will ask you to wait while the radiologist reviews the pictures. We may take more X-rays, if the images are not clear. If the images are clear, you may leave the exam room and get dressed.

## What happens after the exam?

- You can resume eating as usual and take your medicines, unless your provider tells you otherwise.
- For the next 3 days, drink 4 to 8 glasses of water a day. This will help clear the barium from your body.
- Your stools may appear gray or white for 48 to 72 hours after your exam. This is because of the barium.
- If you are constipated, take a stool softener or laxative.
- If you drink alcohol or caffeine after your exam, you must also drink plenty of water. Otherwise, you could get constipated.
- If you do not have a bowel movement for more than 2 days after your exam, or you cannot pass gas, call your doctor **right away**.

### Questions?

Your questions are important. Call your healthcare provider if you have questions or concerns.

- UWMC Imaging Services: 206.598.6200
- Harborview Imaging Services: 206.744.3105
- Northwest Imaging Services: 206.368.1744

## Who interprets the results? How do I get them?

A radiologist who is trained to interpret SBFT images will review your images and send a report to your PCP. The radiologist will also talk with you briefly about your X-ray images.

Your PCP will give you your full exam results. You may also read your results on your eCare Results page. If you need copies of your images on disc, call Radiology Records at 206.598.6206.

You and your PCP will then decide the next step, such as treatment for a problem, as needed.