

MANKATO CLINIC DIAGNOSTIC IMAGING PATIENT INSTRUCTIONS

Small Bowel Follow Through

Patient: _____

Appointment Date: _____ Time: _____ am / pm

Location: Diagnostic Imaging Department at Mankato Clinic
1230 East Main Street, Mankato, MN 56001

Before the Exam:

Uses x-rays to demonstrate the function and appearance of the small bowel (intestines).

- Before scheduling your exam, please tell your provider if you are pregnant or think you may be pregnant.
- Discuss with your physician/health care provider which medications you may take the morning of your exam with a small sip of water.
- After midnight, **do not** eat or drink anything.
- Day of your exam, you may brush your teeth but **do not** drink any water while doing so.

During the Exam:

- You will be asked to undress. A gown will be provided.
- You will be asked to drink two cups of a chalky solution called barium which makes it possible to visualize your small bowel.
- 15-30 minutes after you have finished drinking the barium, you will be asked to lie on your stomach on the exam table for the first image.
- X-ray images will be taken of your abdomen at timed intervals. You will be allowed to sit in a chair between images.
- The length of time it takes to complete your exam depends on the time it takes for the barium to pass through your small intestine and reach the beginning of your large intestine. It may take as little as one hour but could last longer than four hours.

After the Exam:

- Drink plenty of water for the next 24-48 hours to prevent constipation. If you become constipated, you may take an over-the-counter laxative.
- Your stools will be white until all the barium has passed through your system.
- Your physician/health care provider will share the results of your exam with you at your follow-up appointment. If you do not have a follow-up appointment and have not received the results within five to seven days, please call your physician/health care provider.

Your exam will be reviewed and read by a Radiologist within the next 24 hours. A report will go to your provider for him/her to review. Your provider is responsible for communicating the results to you and this will be done by letter, a phone call, or a follow up appointment. If you don't have a follow up appointment scheduled and have not heard anything within a week, you have the right to call your provider's department and inquire about results.

If you are unable to keep your appointment or have questions about your exam, please call 507-389-8570.

Please check in at Patient Registration prior to going to the Diagnostic Imaging Department.