

Please read all of this leaflet. It contains important information about how you should prepare for your examination.

The date and time of your appointment are shown in your letter.

If you:

- Have any questions about this examination
- or would like an interpreter
- are pregnant or think you may be pregnant

Please contact the department on: 0161 276 6083/8601 between 8.00 am and 5.00 pm.

If you are unable to come to this appointment, please contact the department as soon as possible. We will not automatically give a second appointment.

Barium Follow Through

A barium follow through is a special X-ray examination of part of your bowel. It is difficult to see the bowel on ordinary X-rays but we can show them by using barium.

Barium is a harmless chalky liquid, which we will ask you to drink.

For this examination to be successful it is important that your stomach and small bowel is empty, therefore you must follow these instructions carefully.

If you have diabetes please contact the department on: 0161 276 6083/8601 between 8.00 am and 5.00 pm before following these instructions.

Instructions for Preparation

The day before the examination you should eat only low fibre (low residue) foods. You can eat foods such as:

Foods to be allowed

- **lean** meat and white fish
- **dairy** produce without added fruit or nuts
- **white** bread, **white** rice, **white** pasta
- **plain** biscuits such as 'Rich Tea', crackers and cake without fruit, nuts or bran
- Breakfast cereal without added fruit, nuts bran or fibre
- Boiled sweets, chocolate (without fruit or nuts). Seedless jam and honey are allowed

Foods to be avoided

- Fruit and vegetables except for melon, carrots, cauliflower and boiled/mashed potatoes
- Biscuits, crackers and cake with fruit, nuts or bran, digestive biscuits

You should drink plenty of fluids throughout the day.

On the day of your appointment do not eat or drink anything for the six hours before your appointment time.

Please continue to take any medicine or tablets that you are taking with a **small** amount of water.

What to expect

The examination takes most of the morning to complete. We recommend that you bring something to read with you.

When you arrive in the X-ray department we will ask you to change into an X-ray gown.

The examination will be carried out by a Radiologist (a doctor specialising in X-ray examinations) and a Radiographer.

We will ask you to drink several cupfuls of dilute barium. We will then take X-rays at 20 minute intervals using different sets of equipment. This is so we can follow the barium along your small bowel.

Aftercare

After the examination you can eat and drink as normal.

The barium may take several days to pass through your system. You should drink plenty of fluids and eat high fibre foods such as fruit, vegetables, wholemeal bread for the next few days. This will help the barium pass through more quickly.



You may notice that your stools (faeces) are white during the next few days. This is perfectly normal.

We will send the results of your examination to the doctor who requested it as soon as they are available.

We recommend that you leave any valuables or jewellery at home as they may need to be removed for the examination.

Are there any risks or complications?

- an X-ray examination such as a Barium Follow Through is the equivalent of a few years' worth of background radiation and has a 1 in 1,000 to 10,000 chance of causing cancer.

Although this examination involves the use of X-rays, your doctor will have decided that the benefit of having the examination far outweighs any risks.

It is also worth noting that these risk levels only represent very small additions to the 1 in 3 chance we all have of getting cancer.

No Smoking Policy

The NHS has a responsibility for the nation's health.

Protect yourself, patients, visitors and staff by adhering to our no smoking policy. Smoking is not permitted within any of our hospital buildings or grounds.

The Manchester Stop Smoking Service can be contacted on Tel: (0161) 205 5998 (www.stopsmokingmanchester.co.uk).

Translation and Interpretation Service

It is our policy that family, relatives or friends cannot interpret for patients. Should you require an interpreter ask a member of staff to arrange it for you.

تص سیسٹما علی عدم السجح لآقر اذ عنة العرضی او اقربید او اصلقنید شرحة لید. اذا احدثت انی مترجم فیرجی ان تعقب ذلك من احد العاضلین یوفد لك ذلك.

بمزی یہ پشیمی ہے کہ خاندان، رشتہ دار اور دوست مریضوں کے لیے ترجمہ نہیں کر سکتے۔ اگر آپ کو مترجم کی ضرورت ہے تو عملے کے کسی رُک سے کہیں کہ وہ آپ کے لیے امر کا بندوبست کریں۔

ইহা আমাদের নীতি যে, একজন রোগীর জন্য তার পরিবারের সদস্য, আত্মীয় বা কোন বন্ধু অনুবাদক হতে পারবেন না। আপনার একজন অনুবাদকের প্রয়োজন হলে তা একজন কর্মচারীকে জানান অনুবাদকের ব্যবস্থা করার জন্য।

Nasze zasady nie pozwalają na korzystanie z pomocy członków rodzin pacjentów, ich przyjaciół lub ich krewnych jako tłumaczy. Jeśli potrzebują Państwo tłumacza, prosimy o kontakt z członkiem personelu, który zorganizuje go dla Państwa.

Waa nidaamkeena in qoys, qaraabo ama saxiibo ayasnu tarjumkarin bukaanka. Haddii laad u baahato tarjumaan kacodsaxubinka mid ah shaqaalaha inay kuusameeyaan.

我们的方针是，家属、亲戚和朋友不能为病人翻译。如需安排翻译人员，请向员工索取安排。



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Manchester Royal Infirmary

Barium Follow Through Examination

Information For Patients

