

BARIUM MEAL AND FOLLOW THROUGH

Your Doctor has decided that this is the appropriate examination to investigate your condition. Any alternatives should have already been discussed with you.

What is a barium meal and follow through?

This is a special x-ray examination of the stomach and small bowel using a liquid (Barium) which shows up on x-rays to help diagnose various diseases. You will be asked to drink this liquid and x-rays may be taken as you drink it. More x-rays will then be taken at intervals until the liquid reaches the end of the small bowel, this can usually take **at least 2-3 hours**.

What are the benefits of having a barium meal and follow through?

Your small bowel problems can be diagnosed quickly and accurately.

Are there any risks in having a barium meal and follow through?

There are the usual slight risks associated with being x-rayed.

Female patients of child bearing age will be asked about their period dates to ensure that they are not pregnant. This examination should be carried out within 28 days of the start of your last period. Please inform us if your appointment does not fit in with this.

All X-ray procedures involve exposure to radiation in varying amounts. We are all exposed to small amounts of radiation from the atmosphere throughout our



lives. Any amount of diagnostic radiation can add slightly to the normal risk of developing cancer. In all X-ray examinations, the amount of radiation is kept to the minimum necessary. Unfortunately, one in three of us are liable to develop a cancer at some stage during our lives, so the added risk from this test is very small indeed. This risk has to be balanced against the benefits you may achieve by having the procedure.

How long will I be in hospital for?

You will come usually to the x-ray department as an out-patient and should be prepared to be in the department for a whole morning and you may be here into the afternoon. You may wish to bring some suitable reading material with you.

Before the examination.

You cannot have anything to eat or drink from midnight before the day of your examination.

On the day of the examination.

Have nothing to eat or drink before the examination! We ask you to bring a light snack with you as sometimes this can help to speed up the examination, but you cannot eat this until told to do so.

If you are diabetic:

- Do not come alone. Have a responsible person to accompany you.
- Bring your medication and appropriate food with you.
- You may contact the Diabetic Specialist Nurse for further advice on your diet/medication on 0161 922 6443.

What happens when I arrive in the department?

A member of staff will check your details and if necessary amend them. You will be asked to change into a cotton gown and wait in a cubicle until the x-ray room is ready for you. You may wish to bring your own dressing gown and slippers.



What happens during the examination?

This examination will be supervised by a Radiologist (a doctor specialising in diagnosis using x-rays) or a specially trained radiographer practitioner and performed by a radiographer or assistant practitioner.

Depending on what the doctor who sent you to us has written on the referral; You may be asked to drink the liquid barium and the doctor or practitioner will watch it go to your stomach on a television screen and you will then have x-rays taken at regular intervals until the barium reaches the end of your small bowel. Or, it may not be necessary to have your stomach looked at on the television screen and you will just have the series of x-rays taken after you have drunk the liquid.

You may be asked to eat your snack at some point during this part of the examination.

It is possible that when the barium reaches the end of your small bowel the doctor or practitioner will look at that area using the television screen. You will not be sedated at all

What happens after the examination?

After the examination a high fibre diet and plenty of fluids may be needed for a few days to ensure all the barium is passed and you do not become constipated.

Going home.

You can use your usual form of transport.

How will I get my results?

The results will be sent to the doctor who sent you for this examination and you can discuss the report with them when you next visit. An appointment will be sent to you if you came as out-patient. If your GP sent you, you need to make an appointment to see them about two weeks after the examination.



Who should I contact if there is a problem following the procedure?

For advice, telephone X Ray 2 on 0161 922 6426/7 during the hours of 9.00am to 5pm, Monday to Friday. Out of hours, telephone your GP.

If you have any questions?

If you have any questions about the examination, please ring the department on 0161 922 6426 between 9am and 5pm, Monday to Friday or write in the box provided and bring this leaflet with you.

SOURCE

In compiling this information leaflet, a number of recognised professional bodies and accredited good practice guidelines have been used.



If you have a visual impairment, this leaflet can be made available in bigger print or on audiotape. If you require either of these options, please ring 0161 922 6426/7.

Language, Interpretation and Patient Support Service (LIPS):

If you require an interpreter to assist your appointment, please ask an appropriate family member to contact our central booking office between **Monday to Friday 8am to 5pm** on **0161 922 6991** to arrange this for you.

語言翻譯及病者支持服務 (LIPS)

如果閣下需要翻譯員在您的預約當日幫助您的話 請找一名合適的家庭成員 **0161 922 6991** 聯絡本中央預約辦事處來您您安排 我們的辦公時間是星期一至星期五 上午 8 時至下午 5 時

Językowo Tłumaczeniowa Usługa Pomocy dla Pacjenta (Language, Interpretation and Patient Support Service LIPS):

Jeśli potrzebujesz pomocy tłumacza w trakcie swojej wizyty, proszę poprosić odpowiedniego członka rodziny o skontaktowanie się z Centralnym Biurem Zamówień (*Central Booking Office*), w celu zorganizowania tłumacza pomiędzy poniedziałkiem a piątkiem w godzinach od **08:00 - 17:00** pod numerem **0161 922 6991**.

لینگوئج، انٹرپریٹیشن اینڈ پشٹ سپورٹ سروس (لپس Lips)

اگر آپ کو اپنی اپائنٹمنٹ کے لئے مترجم کی مدد کی ضرورت ہو تو براہ مہربانی اپنے خاندان کے کسی موزوں فرد سے کہیں کہ وہ ہمارے سنٹرل بکنگ آفس سے پیر سے جمعہ 8.00 بجے صبح سے 5.00 بجے شام کے دوران 0161 922 6991 پر فون کر کے اس کا بندوبست کریں۔



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