

Patient Information

Radiology (Fluoroscopy)

Barium follow-through

Introduction

You have been advised by your doctor to have a barium follow-through examination. This leaflet explains what a barium follow through is and what the possible risk are.

If after reading this information, you still have concerns or need further explanation, please contact the Radiology Team on the telephone number 024 7696 7115.

Please read this leaflet carefully to make sure you are well prepared for the examination. You will need to begin your preparation for the examination 2 days before your appointment.

Please contact the X-ray Department if your weight is equal to or more than 205Kg (32 stone). You may need a different examination.

Points to Remember

- Please bring any sprays or inhalers that you are taking with you to your appointment.
- If you are on medication, except insulin, from your doctor please continue to take it as normal. **You should not take your morning insulin or tablets before the examination.** Please bring your own insulin, and any



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instructions you have for taking it, with you to the hospital. You can bring a snack with you to eat after your examination.

- We also ask you to leave any valuable possessions at home.
- **If you are diabetic** and needed to starve before the examination, you should have been given an early morning appointment (no later than 10.15am). If not, please phone the number on your appointment letter and ask to be put through to the fluoroscopy appointments officer to rearrange your appointment time. Explain that you have been advised in this leaflet to rearrange your appointment to an appropriate time.

What is a barium follow-through?

A barium follow-through is an X-ray examination of the small intestine.

The examination will be done by a radiologist (X-ray doctor) who may be assisted by a radiographer and radiology department assistant. The procedure may take up to 3 hours or longer.

We suggest you keep at least the morning free, and you may wish to bring something to read to fill the time in between x-rays.

Preparation

- During the **2 days before your appointment**, you should follow a low residue diet. Please see the diet sheet on page 3.
- Please do not eat or drink anything for 4 hours before your appointment. You can have a little water to take your usual tablets.

Low residue diet sheet

Do not eat high fibre foods such as:
Red meats, pink fish (e.g. Salmon)
Fruit, vegetables, or salad
Cereals, nuts, seeds, pops, bran, beans, or lentils
Brown bread, brown or wild rice or brown pasta
Pickles, Chutney jams or Marmalade

You can only eat meals made up of the foods listed below	
Cereal	Crisped rice
Meat	Lean meats: <ul style="list-style-type: none"> • poultry (skin removed) • bacon • offal
Fish	Fresh or frozen, tinned in brine
Cheese	Any type
Soup	Clear soup, strained vegetable, or chicken (no bits)
Eggs	Boiled, poached, scrambled
Milk (daily allowance)	Half pint daily (full cream, semi skimmed or skimmed)
Fats	Butter/margarine – half ounce daily Low fat spread 1 ounce daily

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Bread / Chapati	White bread only (no more than 4 slices daily) Made with white flour (No.1 or Bread Flour) no more than 4 a day
Potatoes/ Rice	Boiled or mashed potatoes. 4 medium sized per day White Rice – 4 tablespoons daily
Crackers	Plain (not high fibre such as cream crackers)
Biscuits	<ul style="list-style-type: none"> • Rich tea biscuits • Marie Biscuits • Arrowroot
Beverages	<ul style="list-style-type: none"> • Tea, coffee (milk from allowance), low calorie, sugar free, or diet squash or fizzy drink. • Oxo, marmite, Bovril. • Wine, Beer
Seasonings	Salt, Ground pepper, Vinegar Sugar, sweeteners, honey
Sweets	<ul style="list-style-type: none"> • Boiled sweets • Chocolate (plain – no fruit or nuts) • Ice Cream (plain – no bits/fruit or chunks) • Jelly • Custard

Information for diabetic patients on insulin and / or tablets

Do not eat foods or drinks that you would not normally eat unless you are having a low blood sugar (Hypo). Bring a drink containing sugar (such as Lucozade) with you to the hospital. If, at any time, you feel dizzy and think you are having a 'hypo' or if your blood sugar is less than 4mmol/l, drink half a cup of this drink, and tell the staff you have done so when you arrive.

Risks of the Procedure

X-rays are a type of radiation. We are all exposed to natural background radiation every day of our lives; this comes from the sun, food we eat, and the ground. Exposure to X-rays carries a small risk, but your doctor feels that this risk is outweighed by the benefits of having the test. We will take all safeguards to minimise the number of X-rays you receive.

Safety

Patients aged 12- 55 years – could you be pregnant?

The risks of radiation are slightly higher for the unborn child so you will be asked to confirm that you are not pregnant before the examination can go ahead.

What will happen when you arrive?

On arrival at the Radiology / X-Ray Department, please go to route 2 fluoroscopy reception to be checked in. You will be asked to change into an examination gown. Please feel free to bring your own dressing gown to wear over the X-ray gown.

During your examination

You will be taken into the X-ray room where the examination will be explained to you, and you can ask any questions that you may have.

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- You will be given 2 or 3 plastic cups of barium/water mixture. This is a white chalky fluid which shows up on X-rays, to which sherbet granules may be added to make a fizzy drink. You will be asked to drink them steadily and as quickly as you can.
- X-ray pictures will be taken with you lying on your tummy or your back at timed intervals, following the barium as it passes through your small intestine. In-between pictures, you may be asked to wait in the fluoroscopy changing area.

After your examination

- After the examination is complete you may go home or return to work
- Please remember to drink plenty fluids over the next few days to avoid constipation
- Your motions (stools) may be pale over the next few days
- If you have any problems after the examination, please see your GP

How do you get the results?

The results will not be given to you right away. They will be sent to the doctor who referred you for this examination.

Other Sources of Information:

For information about the effects of X-rays and information about radiology departments visit the NHS website: <https://www.nhs.uk/conditions/x-ray/>

Please note that the views expressed in these websites do not necessarily reflect the views of UHCW NHS Trust.

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If you have any other questions, please ring the telephone number on your appointment letter or call the Radiology Reception on 024 7696 7115.

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact the telephone number on your appointment letter and we will do our best to meet your needs.

The Trust operates a smoke free policy.

Did we get it right?

We would like you to tell us what you think about Fluoroscopy services.

This helps us make improvements.

Have your say. Scan the QR code or visit:

<http://ratenhs.uk/cX4Zmj>

www.uhcw.nhs.uk/contact-us



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