

# About Your Small Bowel Follow-through Series

## *What You Need to Know and Do*

A small bowel follow-through series is an X-ray exam of your small intestine. This test helps your doctor find problems like small bowel obstruction, tumors, and certain diseases.

### What should I do before my test?

- Stop eating and drinking 8 hours before your test.
- Be sure to mention the medicines you take and ask if it's alright to take them before your test.
- Do not smoke the morning of your test.
- Allow extra time to check in. The test can take anywhere from 30 minutes to several hours, depending on how fast or slow your bowels move.

You should let your technologist know if you:

- take any medicines
- have any allergies
- are pregnant or think you might be
- ate or drank within the last 8 hours
- have had any previous surgery.

### What happens during my test?

- You will drink barium (a liquid that improves X-ray images).
- You may need to stand or lie in different positions.
- You will be asked to hold your breath for a short time during the X-ray.
- You will be asked to wait until the barium has moved completely through your small intestines. The test will not be completed until it has reached your large intestine.
- The X-ray technologist will take pictures to check the progress of the barium.

### What happens after my exam?

- Your stool may appear white or lighter than normal.
- You may have constipation caused by the barium. You can relieve this by taking an over-the-counter laxative and drinking lots of fluids for several days after the test.
- Talk with your doctor if you have serious bowel movement problems after the test.
- Your doctor will discuss the test results with you during a follow-up appointment or over the phone.