



Diagnostic Imaging

Information for patients having Small Bowel Meal

What is a Small Bowel Meal?

This is an examination of your digestive system (small bowel).

What does the examination involve?

- You will be given approximately 500mls of a creamy liquid (barium) to drink
- As the barium passes to your stomach and through your digestive system, x-ray imaging is taken at intervals. You will need to lie on your front, as well as your back
- The examination will take two to three hours
- Occasionally further x-ray imaging is required 24 hours later.

Is there any preparation?

YES

- On the day before your examination keep to a light diet
- You **MUST NOT** eat or drink anything for **SIX** hours before your examination
- If you are diabetic and unsure of your diet in preparation for this examination, please contact your GP for advice.

What happens after the examination?

- There are normally no ill effects from the barium
- Drink extra fluids and eat extra fruit and vegetables for the next 48 hours to prevent constipation and clear barium from your bowel
- If you get constipated, take over the counter medication. Your stools will be lighter in colour.

Results

The doctor who sent you for the examination will get the results within one week.

Contact Numbers

We hope that you have found this information useful. If you have any questions or are worried about anything, please speak to the following Dorset County Hospital Staff:

Appointments Team:	01305 254428
Dorset County Hospital Switchboard:	01305 251120
Patient Advice and Liaison Service (PALS):	0800 7838058

About this leaflet

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If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email pals@dchft.nhs.uk



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