

## SMALL BOWEL FOLLOW THROUGH (SB)

Patient: \_\_\_\_\_ Appointment Date: \_\_\_\_\_

Appointment Time: \_\_\_\_\_ am/pm

Location: Diagnostic Imaging Department, lower level at Mankato Clinic  
1230 East Main Street, Mankato, MN 56001  
Please enter the Mankato Clinic front door (marked #50)

### **Please check in at the Diagnostic Imaging Department.**

If you are unable to keep your appointment or have questions, please call (507) 389-8570.

### **What is a Small Bowel Follow Through (SB):**

This exam is an x-ray to demonstrate the function and appearance of the small bowel (intestines).

### **How do I prepare for the test:**

- Before scheduling your exam, please tell your provider if you are pregnant or think you may be pregnant.
- We recommend that you contact your insurance company prior to your appointment to understand what your coverage is for this test.
- Discuss with your provider which medications you may take the morning of your exam with a small sip of water.
- After midnight, **do not** eat or drink anything.
- Day of your exam, you may brush your teeth but **do not** drink any water while doing so.
- If you wear a glucose monitor, you will be required to remove it prior to your scan for your own safety. If appropriate, you may request to have your scan scheduled to coordinate with the next replacement date of your monitor.
- To provide our best services and safety practices to you during your visit, we respectfully ask that young children do not attend parental appointments and we appreciate your understanding.

### **What will happen during the test:**

- You will be asked to undress and a gown will be provided.
- You will be asked to drink two cups of a chalky solution called barium which makes it possible to visualize your small bowel.
- 15-30 minutes after you have finished drinking the barium, you will be asked to lie on your stomach on the exam table for the first image.
- X-ray images will be taken of your abdomen at timed intervals. You will be allowed to sit in a chair between images.
- The length of time it takes to complete your exam depends on the time it takes for the barium to pass through your small intestine and reach the beginning of your large intestine. It may take as little as one hour but could last longer than four hours.

### **Instructions for after your test:**

- Drink plenty of water for the next 24-48 hours to prevent constipation. If you become constipated, you may take an over-the-counter laxative.
- Your stools will be white until all of the barium has passed through your system.
- Your exam will be reviewed and read by a Radiologist.
- Your test results will be available in your patient portal immediately after your provider reviews them. Your provider will discuss the results with you at your follow-up appointment. If you do not have a follow-up appointment, your provider will contact you by letter or phone within five to seven business days.