

## **SMALL BOWEL FOLLOW THROUGH**

A small bowel follow through ('SBFT') is a procedure which studies the lining of the small intestine, located between the stomach and the colon (large intestine).

The procedure consists of opacifying the small bowel (or 'small intestine') with a contrast agent (barium), which is administered orally. The barium will progress through the upper digestive system by lining its walls, which in turn will be visible on the X-ray images.

The procedure will last for approximately an hour and a half (1h30), although its duration may vary depending on your intestinal transit time.

A SBFT helps detect abnormalities such as narrowing, tumors, malformations and some inflammatory diseases.

### Preparation

You will need to fast from 9pm the night before the procedure; this also includes drinking, chewing gum and smoking.

### Medical contraindication

Pregnancy is a contraindication of this procedure.

If you have any allergies, please notify one of our members of staff.

### The SBFT procedure (step by step)

- Our team will accompany you and place you on the examination table, lying on your back.
- The technician will take X-rays of your abdomen without any contrast agent. You will then need to drink 600 ml. of barium within 10 minutes.
- Further X-rays will be taken in different positions (lying on your back, stomach and side) at regular intervals (15 to 20 minutes) in order to follow the progression of the barium.
- In order to see all the folds of the intestine, the radiologist will apply pressure to your abdominal region. While X-rays are being taken, do not move and hold your breath.

### The immediate effects of the procedure

Although you may experience light temporary cramps, the SBFT is not a painful procedure.

### After the procedure

You must drink plenty of water during the following 24 hours to facilitate the removal of the barium from your system.

Your stools may be whitish for 48 to 72 hours after the procedure.

Your results will be sent to your attending physician, who will follow up if necessary.