

Department: Radiology	Section: All	Effective Date:
Procedure Number: 6.3.4		Revision:

## INSTRUCTIONS FOR CLEANING YOUR SMALL BOWEL

\_\_\_\_\_ you are to come to the Ambulatory Care Clinic/Hospital for a radiologic examination of the small bowel on \_\_\_\_\_ at \_\_\_\_\_ a.m.

Start these instructions the day before the examination on \_\_\_\_\_.

### ALL DAY

- Drink only clear liquids. Do not eat any dairy product or solid food except plain gelatin (Jello).
- Clear liquids include: strained fruit juices without pulp, water, clear broth or bouillon, soft drinks, and coffee or tea (without milk or non dairy creamer)
- Avoid colored red or purple Gatorade, fruit flavored carbonated or noncarbonated soft drinks, Kool-Aid and popsicles.
- You can drink Ensure®

### 9:00 A.M.



Drink a large 8oz. glass of water or other clear liquid every two hours from 9:00 a.m. to 9:00 p.m.

Circle the following hours as you drink your fluid

9 11 1 3 5 7 9

### 6:00 P.M.



Take all 4 Dulcolax® whole tablets with a full glass of water or clear liquid

### 12:00 A.M.



- Do not eat or drink anything until after your examination except your daily medication with a small amount of water.
- Do not smoke, chew gum or take mints.

### REMEMBER

Your appointment is at \_\_\_\_\_ A.M.

If you have any questions, please call the Radiology Department as soon as possible between the hours of 7:00 a.m. and 4:00 p.m., Monday through Friday.

Out-Patients: 318-813- 2250 (or) 3-2260

In-Patients: 318-675-6200 (or) 5-6201

# SMALL BOWEL (Enteroclysis / Follow-Through)



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Department: Radiology	Section: All	Effective Date:
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## SMALL BOWEL (Enteroclysis / Follow-Through)

### INTRODUCTION

These tests demonstrate the small bowel and are performed when patients have a change in bowel habits, abdominal pain, anemia of unknown origin or if your doctor believes that you may have an inflammatory or other related bowel disease

### PATIENT PREPARATION

For the small bowel test to be done effectively your intestines must be completely empty without any residue, so you will be asked to follow a restricted diet (clear liquid diet) for one day before your test and be required to take a laxative bysacodyl (Dulcolax®) the evening before the test. Older and weak patients should drink Ensure® during this preparation Also you will be asked NOT to eat or drink any thing after midnight the night before the exam. However you can continue to take your regular medicine with a small amount of water If you are an insulin-dependent diabetic your doctor will give you instructions which you must follow closely.

Before the small bowel test, the x-ray tech will explain the procedure to you, answer any questions you might have and give you a hospital gown without metal snaps on it. It is very important to remove everything (including jewelry) underneath the gown, except your underwear.

Patients who are pregnant or may be pregnant should not take this exam and if you are a woman of childbearing age you will be asked if there is a possibility that you are pregnant. It is important that you tell the x-ray tech the date of your last menstrual period and whether there is a chance that you may be pregnant.

Before the examination the radiologist will give you a drug metoclopropamide (Reglan ®) that is used to increase the movement of your small bowel. If you are allergic to metoclopropamide please tell the x-ray tech or the radiologist before the exam.

Inside the x-ray room, you will be asked to lie down on a table where a TV monitor is attached.

### DURING THE EXAMINATION

- **SMALL BOWEL FOLLOW THROUGH**

The radiologist will ask you to drink 350 to 600 ml of contrast medium and will take x-rays of every segment of your small bowel with a light compression for diagnostic purposes.

- **ENTEROCLYSIS**

The radiologist will put a thin, soft tube in your nose and through the throat into the small intestine with local anesthesia and insert the liquid mixture of contrast medium through the tube to fill up your small bowel. You will be asked to hold your breath and be still during the x-ray. Once the films are taken the tube will be removed.

The contrast medium (barium sulfate) allows the radiologist to visualize your gastrointestinal tract on an x-ray TV screen and to detect or rule out abnormalities in your small bowel. The examination will take about 1 to 3 hours.

### AFTER THE EXAMINATION

You can resume your normal activities and should increase your water intake during the following days to eliminate the contrast. Heart, renal, or any other patients where the fluid intake is monitored should consult their doctor before increasing water intake. The barium may make your stools white in color for a few days. This is normal. If you are constipated after your test, tell your doctor because you may be required to take a laxative.

The radiologist will review the images and dictate a report that will be available for your doctor. He/She will tell you the results and discuss with you what further tests, if any, are needed.

**PLEASE REMEMBER THAT THE READING MATERIAL HERE IS FOR INFORMATIONAL PURPOSES ONLY, IF YOU HAVE QUESTIONS ABOUT AN X-RAY PROCEDURE, CALL YOUR PHYSICIAN OR THE X-RAY DEPARTMENT WHERE YOUR TEST WILL BE PERFORMED**

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