

# Your child's X-ray to examine the small bowel (small bowel meal)

## Department of Radiology

Information for Patients

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## Introduction

**If your child is an outpatient please read your appointment letter carefully. Check which hospital their appointment is at.**

**Please read all of this leaflet.** It has important information and instructions. It has been designed for you and your child to read together. It is important that your child knows what to expect when they come for the test. This is so that it can be completed quickly and easily.

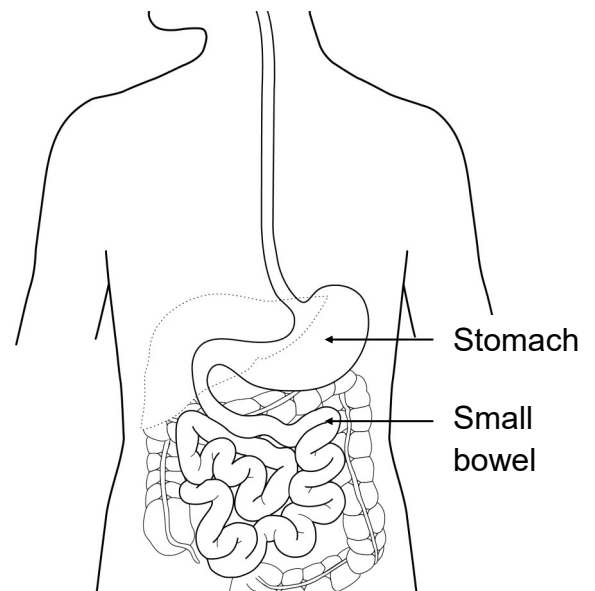
## Information for children

### What is a small bowel meal test?

We do this test to look at the small intestines (small bowel) in your tummy.

You will have a special drink that shows up on X-ray pictures.

Your doctor will have talked to you and your parents or carers about your tummy problems. They have decided that this is the best test for your problem.



**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.uhleicester.nhs.uk](http://www.uhleicester.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [uhl-tr.informationforpatientsmailbox@nhs.net](mailto:uhl-tr.informationforpatientsmailbox@nhs.net)

## How do I get ready for my test?

It is important that your tummy is empty when you have this X-ray test. Any poo left in your tummy may make the X-rays less clear.

- We have sent you a packet of powder called Picolax with this leaflet. You take this the day before your test. The Picolax makes your poo more watery. It makes you poo more times a day (diarrhoea). Your poo will be watery and come out faster. This is not very nice. We need you to do this to clean and empty the poo from your tummy.
- The day before your test, you must only eat food from the list on page 3.
- After you have taken the Picolax you should stay within easy reach of a toilet. You should not go to school on the day of your X-ray test. The watery poo may last until your test.
- You must not eat when you wake up on the day of your test. You can have drinks.
- You can eat food again after you have had your test.

## What should I bring to my appointment?

When you come for your test you can bring a book, phone or tablet with you to use while you wait.

## Information for girls over the age of 10

We will ask you if you have started your periods yet. If you have, we will ask you when the first day of your last period was. This is a routine question and part of the law.

## Important information for parents and carers



### Before the appointment:

- **If your child has diabetes** please contact the radiology department for more advice. Call **0116 258 8765** and select **option 1** (Monday to Friday 9am to 5pm). You may also contact your child's normal diabetes care provider to talk about the eating and drinking instructions in this leaflet.
- **If you need an interpreter, or if you have any special requirements**, please contact the radiology department for more information.
- There is support available in our hospitals for patients with learning disabilities. Please contact the learning disability specialist nursing team on (0116) 250 2809. Tell them when the appointment is and what test has been booked.
- **Medicine prescribed by a doctor should be taken as usual** unless you have been given different instructions by the doctor.
- Other children will not be allowed in the X-ray room whilst this test is being done. If you have any other children please make other child care arrangements for the appointment. Do not bring them into hospital if possible.
- **Getting to the hospital:** Transport has not been arranged for this appointment. If hospital transport is needed follow the instructions in your appointment letter.

## How should my child get ready for the test?

- Your child needs to start getting ready the day before the test.
- The picolax should be taken the **day before** the test in 2 doses. The first dose is taken in the morning at 8am. The last dose as taken in the afternoon between 2pm and 4pm.
- Follow the instructions below to see how much laxative to take and when to take it.
- Read the low fibre (residue) diet sheet on page 4 to find out more about what foods can be eaten.
- **Please follow the diet and timetable instructions in this leaflet** on pages 3 and 4. Do not follow the instructions in the manufacturer's sodium picosulfate laxative (Citrafleet or Picolax) patient information sheet that may have been included with your letter.

## Instructions on eating, drinking and when to take the Picolax:

<p><b>1 day before at 8am</b></p> 	<ul style="list-style-type: none"> <li>• Take <b>Dose 1</b> of <b>Picolax</b> (see below for how much to take and mixing instructions)</li> <li>• <b>Keep within easy reach of a toilet from now on.</b></li> <li>• Drink plenty of clear fluids (drinks without milk).</li> <li>• Follow the low residue diet for breakfast and lunch.</li> </ul>
<p><b>1 day before between 2pm and 4pm</b></p> 	<ul style="list-style-type: none"> <li>• Take <b>Dose 2</b> of <b>Picolax</b> (see mixing instructions)</li> <li>• Continue to drink plenty of clear fluids.</li> <li>• Continue on the low residue diet until midnight.</li> <li>• <b>No more food after midnight.</b></li> </ul>
<p><b>Day of the small bowel meal</b></p>	<ul style="list-style-type: none"> <li>• <b>No breakfast today.</b></li> <li>• <b>Keep drinking plenty of clear fluids.</b></li> <li>• <b>By now any poo should be liquid.</b></li> </ul>

## How much Picolax to take:

Age of child	Dose 1	Dose 2
1 to 2 years	1/4 sachet	1/4 sachet
2 to 4 years	1/2 sachet	1/2 sachet
4 to 9 years	1 sachet	1/2 sachet
Over 9 years	1 sachet	1 sachet

## How to mix the Picolax:

Mix the picolax sachet with a cup of water. Stir for 2 to 3 minutes.

**If the mixture becomes hot, wait for it to be cool enough to drink.** Then drink the mixture.

## Low fibre (residue) diet

The day before the test only have small meals made up of foods low in fibre in the list below.

You should drink plenty of clear fluids.

<b>Bread and crackers</b>	White plain varieties of bread, pitta bread, chapatti, naan bread, poppadoms or crumpets (no more than 4 pieces of these a day)
<b>Rice, pasta, noodles</b>	White varieties of boiled rice, pasta, egg noodles, rice noodles or couscous (no more than 4 tablespoons per day)
<b>Potatoes or yam</b>	Boiled or mashed potatoes or yam (no skin) (no more than 4 large egg-size per day)
<b>Meat, fish, eggs and protein substitutes</b>	Lean/ tender meat (such as beef, lamb or pork) and poultry (chicken or turkey) Fresh, frozen or tinned fish in brine. Eggs - boiled, poached or scrambled Tofu
<b>Dairy food and dairy substitutes</b>	Cheese, cream cheese, milk (1/2 pint per day including for cereal and drinks), lassi, kefir. Rice pudding, yoghurt (with no fruit pieces in), custard, ice-cream Soy milk, rice milk or almond milk.
<b>Biscuits, crackers and cakes</b>	Plain biscuits such as Rich Tea, arrowroot, malted milk, cream crackers. Cake make with white flour, such as angel cake, madeira cake or chocolate cake.
<b>Cereal</b>	Cornflakes or crisped rice cereal.
<b>Drinks</b>	Water, fizzy drinks, fruit cordial/squash, milk, milkshakes (no fruit pieces) Hot chocolate, tea, coffee, Bovril, Oxo, Marmite
<b>Snacks</b>	Jelly, mousse, plain or milk chocolate, boiled sweets, mints, jelly babies, Wotsits, Quavers,
<b>Fats</b>	Butter, margarine, ghee, low fat spread.
<b>Sugar</b>	Sugar, honey, syrup, sweetener, gur, jaggery, jelly type smooth jam (no seeds, rind or fruit pieces)
<b>Other</b>	Tomato ketchup, mayonnaise, salt, vinegar, soy sauce.

**Please do not eat any fruit, vegetables, nuts, pulses, beans or lentils.**

## Information for children:

### What happens when get to the hospital?

- You come to the Radiology Department.
- We will show you to the Children's X-ray Reception.
- We will ask you to change into a hospital gown. If you prefer you can bring your own change of clothes. This could be a plain T-shirt and spare trousers. The T-shirt must not have any decoration as that will show up on X-ray.
- When you are ready we will take you into the X-ray room. 1 parent or carer can come in with you.

### Who will be in the X-ray room?

- A doctor who specialises in X-rays and X-ray treatments (a radiologist) will do the test.
- A radiographer will move the X-ray machine and press the buttons.
- An assistant practitioner and a radiology assistant may be in the room to help you.
- A student may also be in the room. If you do not want this, you can ask that a student is not in the room when you have your test.

### What happens in the X-ray room?

- We will tell you what is going to happen during your X-ray test. You can ask us any questions that you may have.
- We will ask you to drink about 3 cups of a milkshake flavoured drink called barium. When the drink is in your small bowel we can see it on our X-ray cameras.
- We will ask you to lie down on our X-ray table. We will take some X-ray pictures. You will not feel the X-rays. It does not hurt.
- We may asked you to roll onto your side. This is so we can take X-ray pictures in different positions.
- We will ask you to sit in our waiting room. The doctor will decide when we should take another X-ray. We will take you into a different X-ray room and take another X-ray picture. We will do this every now and then until the drink reaches the end of your small bowel. You can bring something to read whilst you wait.
- When the drink has gone far enough, we will take another picture using the first camera. The doctor may press on your tummy to get a better picture.

### How long will it take?

A small bowel meal test can take up to 4 hours. It depends on how quickly your bowel works. Sometimes more X-ray pictures need to be taken afterwards. If this happens you may need to stay for the whole morning. The time will vary for each person.



## What happens when my X-rays are finished?

After your X-rays you can go home. You can eat and drink as usual. Your poo may look lighter in colour than normal for a few days.

## How do I find out what the results are?

You will not get the results straight away.

After your test we will tell your parents or carers how to get your results.

The X-ray doctor will look at your X-ray pictures again.

The results will be sent to the GP or hospital doctor who wanted you to have this test.

## What are the risks from exposure to radiation in this test?

The main risk from having X-rays is an increase in the risk of getting a cancer in the future. This risk is thought to be very small. We are all exposed to natural background radiation every day. This comes from the sun, the food we eat, and the ground. Each X-ray gives a dose on top of this natural background radiation.

The risks of radiation are slightly higher for the unborn child. For X-ray tests of the tummy we must ask some children age 10 and over about their periods and/or possibility of being pregnant.

The benefits of this test are likely to outweigh any potential risk. The risk from not having the test could be greater. We try to keep your child's exposure to X-rays as low as possible. Any questions or concerns about the use of X-rays can be answered at the time of the appointment.

## What if I need to talk to someone?



### If you have any questions or concerns, or cannot make the appointment:

Please call the Radiology department on **0116 258 8765** and select **option 1**. Monday to Friday 9am to 5pm, but not on bank holidays.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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