

Your child's X-ray test with a barium drink to examine the small bowel (small bowel meal)

Department of Radiology

Information for Patients

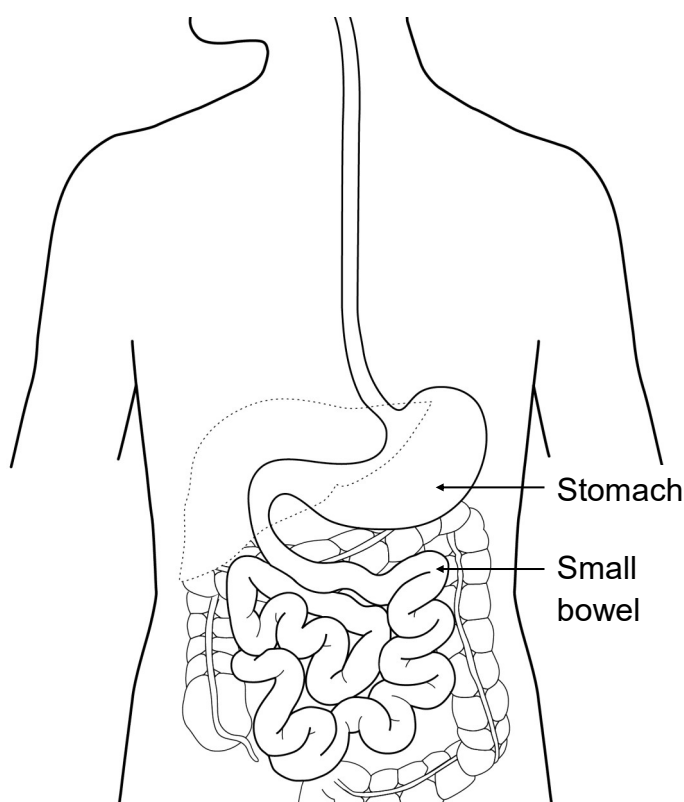
Produced: November 2021

Review: November 2024

Leaflet number: 58 Version: 6

Introduction

This leaflet contains important information about how your child must prepare for the test. 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 so that it can be completed quickly and easily.



What is a small bowel meal test?

This X-ray test is done to look at the small intestines (small bowel) in your tummy.

Your doctor will have looked at you and decided that this is the best test for your problem.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

Information for children - How to get ready for your 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.

You will have been sent a packet of powder called Picolax with this leaflet. You take this the day before your test. The Picolax works by making you pass looser, watery poo more frequently (diarrhoea). This is not very nice but it is needed to clean and empty the poo from your tummy. It is important that you follow the instructions and food diet carefully.

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.

When you come for your test you can bring a book or electronic device (phone or tablet) with you to use while you wait.

Information for girls over the age of 10

For girls over the age of 10 having X-rays of your tummy you will be asked if you have started your periods yet. If you have, you will be asked 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 further advice on 0116 258 6898. You may also contact your child's normal diabetes care provider to discuss your child's diabetes and their preparation for this test.
- **If you need an interpreter, or if you have any special requirements**, please contact the radiology department for further information.
- **Medication** should be taken as usual unless you have been advised otherwise by the doctor.
- **If you have other children:** 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 and do not bring them into hospital if at all possible.



Support for people with learning disabilities

There is support available in our hospitals for patients with learning disabilities. Please contact the learning disability specialist nursing team on (0116) 250 2809 telling them when the appointment is and what examination has been booked.

How should your 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 in the morning at 8am, and the last dose 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, not those 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:

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

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.

Bread and crackers	White plain varieties of bread, pitta bread, chapatti, naan bread, poppadoms or crumpets (no more than 4 pieces of these a day)
Rice, pasta, noodles	White varieties of boiled rice, pasta, egg noodles, rice noodles or couscous (no more than 4 tablespoons per day)
Potatoes or yam	Boiled or mashed potatoes or yam (no skin) (no more than 4 large egg-size per day)
Meat, fish, eggs and protein substitutes	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
Dairy food and dairy substitutes	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
Biscuits, crackers and cakes	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.
Cereal	Cornflakes or crisped rice cereal.
Drinks	Water, fizzy drinks, fruit cordial/squash, milk, milkshakes (no fruit pieces) Hot chocolate, tea, coffee, Bovril, Oxo, Marmite
Snacks	Jelly, mousse, plain or milk chocolate, boiled sweets, mints, jelly babies, Wotsits, Quavers,
Fats	Butter, margarine, ghee, low fat spread.
Sugar	Sugar, honey, syrup, sweetener, gur, jaggery, jelly type smooth jam (no seeds, rind or fruit pieces)
Other	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 I arrive for my test?

When you get to the Radiology Department you will be shown to the Children's X-ray Reception. You will be asked to change into a hospital gown. If you prefer you can bring your own change of clothes. This could be a plain T-shirt without any decoration so that it does not show up on X-ray, and spare trousers. When you are ready you will be taken 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 examination. There will also be a radiographer and there may also be an assistant practitioner and a radiology assistant in the room to help you. As we are a teaching hospital a student may also be present. If you wish, you may request that students are not present during your examination.

What happens in the X-ray room?

- In the room you will be told what is going to happen during your X-ray. You can ask any questions that you may have.
- You will need to drink about 3 cups of a milkshake flavoured drink called barium. You need to drink this so your small bowel can be seen by our X-ray cameras.
- Then you will be asked to lie down on our X-ray table so we can take some X-ray pictures. You may be asked to roll onto your side so we can take X-ray pictures in different positions.
- You will then sit in our waiting room and have a picture taken with a different X-ray camera 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 radiologist may press on your tummy to get a better picture.

How long will it take?

A small bowel meal test can take about 2 hours. Sometimes more X-ray pictures need to be taken afterwards, so 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 and you can eat and drink normally. You may notice that when you go to the toilet your poo is lighter in colour than normal for a few days.

Your parents or carers will be told how to get your results.

Information for parents and carers:

How do I get the results?

The results will not be given to you straight away. The X-ray pictures will be looked at carefully by the radiologist and they will send the results to the doctor that wanted you to have these X-rays.

What are the risks from radiation in this procedure?

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 of our lives. 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 benefits of this examination are likely to outweigh any potential risk and the risk from not having the examination could be greater.

The risks of radiation are slightly higher for the unborn child, so for some types of X-rays of the abdomen and pelvis we must ask girls aged 10 and over about their periods.

Any questions or concerns about the use of X-rays can be answered at the time of the appointment. We will take all safeguards to minimize the amount of X-rays your child receives.

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.



اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة 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

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk