

# Small Bowel Follow Through and Enteroclysis

## Preparation Instructions

Small bowel follow through and enteroclysis are x-ray examinations of your small bowel. During the tests, you will be asked to drink barium liquid which shows up on the x-ray. The test may take 2-4 hours from start to finish. Feel free to bring a book to pass the time.

## Preferred Bowel Preparation

- Bisacodyl Laxative (such as Dulcolax) – 4 tablets (5 mg each)
- 1 Box Pico-Salax. **Please refer to package insert for warnings and precautions for use.** The box contains 2 packets of bowel preparation. You will need to take them both.
- Pico-Salax may cause a loss of electrolytes. Please ask your pharmacist for suggestions of clear liquids to replace this loss of electrolytes

On the day before the examination:

1. **NO SOLID FOOD**, only clear liquids the day prior to procedure (Clear Liquids: apple juice, jell-o, chicken broth, Gatorade, popsicles, water, ice, black tea and coffee, pop decaffeinated, if possible, etc.). **NO MILK** products or other liquid you cannot see through.
2. At 8:00 am, 4 Bisacodyl (Dulcolax) tablets (5 mg each) by mouth with 1-2 glasses of water.
3. a) Take 1<sup>st</sup> packet of Pico-Salax at about 11:00 am – mix it in a 5 ounce (150 ml) mug of cold water. Rarely mixture may heat up, let it cool before drinking. You must continue to stir while drinking the mug of Pico-Salax to ensure all the laxative has dissolved. **Following each sachet, drink 1.5 to 2 litres of a variety of clear fluids\* over 4 hours. DO NOT DRINK JUST WATER ALONE**  
b) Take 2<sup>nd</sup> packet of Pico-Salax at about 3:00 pm – mixing it the same as the first packet.

**You may drink additional CLEAR LIQUIDS until midnight.** Recommended clear fluids include any fluid that you can see through that is not red or purple such as: sports drinks (e.g. Gatorade), Pedialyte, Gastrolyte, Kool-Aid, clear broth (chicken, vegetable or beef with no noodles, meat or vegetables), fruit juices (e.g. apple, white (not red) cranberry, white (not purple) grape), tea or coffee (black, sweetened to taste, no milk, cream or soy), clear sodas (e.g. ginger ale), plain Jell-O (not red or purple), Popsicle (not red or purple) and water.

Diabetics can use a fibre free supplement/meal replacement.

Most people will have 3-6 watery bowel movements. You will be making several trips to the bathroom throughout the afternoon.

**Do not have anything to eat or drink after midnight (until the test is completed).**

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