

## Barium Follow Through Diet Sheet

Please follow these instructions closely to make sure that your bowel is as empty as possible before the examination. Keeping to this diet will improve the accuracy of this test. If you have any questions please contact the Grantham & District Hospital Radiology Department, Monday to Friday between 9.00am and 4.30pm on 01476 464285.

If you are taking iron tablets, stop taking them 7 days before your scan.

**DO NOT STOP TAKING VITAL DRUGS SUCH AS STEROIDS, DIABETIC DRUGS AND HEART DRUGS.**

### THE DAY BEFORE THE EXAMINATION:

#### 8.00am – 9.00am                      BREAKFAST

Tea/coffee (with milk and sugar/sweetener, if required) or other clear fluids such as water, clear soups, herbal tea, black tea or coffee or diluted cordials/fruit juice.

**Choose ONE of the following:**

- 30g crisped rice cereal or cornflakes with 100ml of milk
- 2 slices of white bread/toast with a small spread of butter/margarine and honey
- 1 boiled/poached egg and 1 slice of white toast/bread with a thin spread of butter/margarine
- 50g cottage or cream cheese and 1 slice of white toast/bread with a thin spread of butter/margarine

#### MID MORNING

Tea/coffee (with milk and sugar/sweetener, if required)

#### 12.00 – 1.30pm                      LUNCH

**Choose ONE of the following:**

- 75g meat/fish with gravy
- 2 boiled/poached eggs
- 100g cream or cottage cheese

**ADD one of the following:**

- 2 slices of white bread/toast with a small spread of butter/margarine
- 2 egg-sized potatoes without skins with a small amount of butter/margarine
- 2 tablespoons of plain white pasta/rice
- Drink plenty of clear fluids, preferably water. Tea and coffee should now only be black

**AFTER LUNCH YOU MUST NOT HAVE ANY SOLID FOOD OR MILK OR OTHER DAIRY PRODUCTS UNTIL AFTER YOUR HOSPITAL PROCEDURE.**

**7.00pm – 9.00pm**

- No solid food is allowed
- Clear soup or a meat extract drink and clear jelly is allowed

**9.00pm – 6.00am**

Keep drinking plenty of clear fluids, i.e. water, black tea or coffee, diluted cordials/fruit juice, fizzy drinks

**After 6.00am on the day of examination**

You may have up to 250mls of clear fluids

**DO NOT STOP TAKING VITAL DRUGS SUCH AS STEROIDS, DIABETIC OR HEART DRUGS**

## References

If you require a full list of references for this leaflet please email [patient.information@ulh.nhs.uk](mailto:patient.information@ulh.nhs.uk)

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