

Fluoroscopic (RF) Small Bowel Follow-Through (SBFT) Patient Instructions

WEEKS or DAYS before your appointment:

- **Preparation:** You must follow ALL INSTRUCTIONS in this letter. Your doctor has been notified of your appointment.
- **Take your weight:** Contact Diagnostic Imaging at the number provided above if your weight is over 400lbs.
- **Arrange childcare:** For safety reasons, children cannot accompany you in procedure rooms and cannot be left unattended.
- **Arrange a support person:** An adult support person is welcome to accompany you to your appointment.
- **Know if you're pregnant:** If you're pregnant, consult with your doctor before proceeding with your appointment.
- **Consult your diabetes care provider:** If you're taking diabetes medications or using Insulin Pump Therapy, consult your diabetes care provider before your appointment. www.ipumpit.ca

HOURS before your appointment:

Adults

- Stop eating and drinking at midnight the night before your appointment.
- DO NOT chew gum, eat candy, or smoke.
- Take your prescribed medication with a small sip of water, as directed by your doctor.

Children (2 years old and older)

- Stop eating and drinking at midnight the night before your appointment.

Children (6 months old – 2 years old)

- Stop eating at midnight the night before your appointment.
- You may continue to drink **clear fluids**. DO NOT drink milk or milk products.
- Stop all drinking 3 hours before your appointment.

Children (under 6 months old)

- Stop all eating and drinking 3 hours before your appointment.

What are clear fluids?

- **Allowed:** Fluids that you can see through such as water, apple juice, Gatorade™, Kool-Aid™, Pedialyte™, ginger ale, Sprite™, 7UP™, popsicles, black coffee, or tea.
- **NOT Allowed:** Milk based fluids, broth or soup, energy drinks, fruit flavoured gelatin, Jello™, orange juice, alcohol.

BRING to your appointment:

- Any medication you may need during your appointment.
- Healthcare card.
- Picture identification.
- Eyeglasses, hearing aid(s), and mobility aid/device.
- Patients with diabetes - insulin and glucometer
- Green sleeve that includes your Goals of Care (GOC) Designation Order form if you have one.

DO NOT bring:

- Leave valuables at home, including jewelry or piercings.
- Limit the number of items you bring to your appointment.

AT your appointment:

- **Consent is required:** A legal representative (parent or alternate decision maker) must be available (in person or by telephone) to provide consent for all patients under the age of 18, or any patients that do not have the capacity to make health care decisions.
- You will be provided with a hospital gown to change into.
- You will be asked to drink a liquid called contrast, which will make parts of your body more visible in images.
- Your appointment will take up to 3 hours.