



Procedure Information

Water Soluble Contrast Meal and Follow Through

Introduction

Water Soluble Contrast Meal and Follow Through is a radiological examination of imaging the stomach and small bowel with the introduction of water-soluble contrast. The procedure is performed by radiologist under fluoroscopy.

Indications

Your doctor may recommend a Water Soluble Contrast Meal and Follow Through if you encounter any abnormal symptoms or have concerns, including:

- Gastrointestinal haemorrhage (unexplained anaemia)
- Intestinal obstruction
- Abdominal mass
- Failed small bowel enema
- Assessment of site of perforation (water-soluble contrast should be used)
- Assessment of post-operative complication or check the recovery stage

Procedures

1. You stand erect or sit on the examination table.
2. You are fed with the water soluble contrast. The stomach is distended, and mucosal folds are clear from each other. The mucosal pattern can be demonstrated clearly with the coat of water soluble contrast.
3. You are then asked to roll on the examination table and put in different positions for taking spot films.
4. Prone PA or supine AP films of the abdomen are taken every 15 minutes in the first hour, and subsequently every 30 or 60 minutes until the water soluble contrast reach the colon.
5. Spot films of the terminal ileum are taken with the patient supine. Compression is applied to displace any overlying bowel loops which obscure the terminal ileum.

Possible Risks and Complications

1. Rare but serious complications:
 - Aspiration of water soluble contrast
 - Allergy to water soluble contrast medium

** The risks listed above are in general terms and the possibility of complications is not exhaustive. Please understand that even though all procedures are carried out with utmost professionalism and care, this does not rule out the possibility of complications arising and may require another operation to deal with the complications.

Pre-procedure Preparations

1. The procedure and possible complications will be explained by the doctor and a consent form must be signed prior to the procedure.
2. Please inform the doctor and nurse all your past medical history, previous surgical operations, current medication and any complication with drug or anaesthesia.
3. Female who are or might be pregnant must inform to the staff.
4. Please bring all relevant imaging films and reports for comparison.
5. No smoking for at least six hours before procedure.
6. No food or drink six hours before procedure.
7. Please change into a surgical gown after removing clothing including undergarments, dentures, and jewellery.
8. Please empty your bladder before the procedure.

Post-procedure Instructions

1. Please drink plenty of water.
2. You can resume normal activities or follow the doctor's instruction.

Should there be any enquiries or concerns, please consult our department (MEI).

Under the professional care of the doctor, you will gradually recover. We wish you all the best during your treatment and recovery.

If you have any questions after reading the entire leaflet, please write them down in the spaces provided in order for the doctor to further follow-up.

Compiled by Union Hospital Operating Theatre (OT) Governance Committee

The above information is for reference only, please enquire your physician for details
Our Hospital reserves the RIGHT to amend any information in this leaflet without prior notification