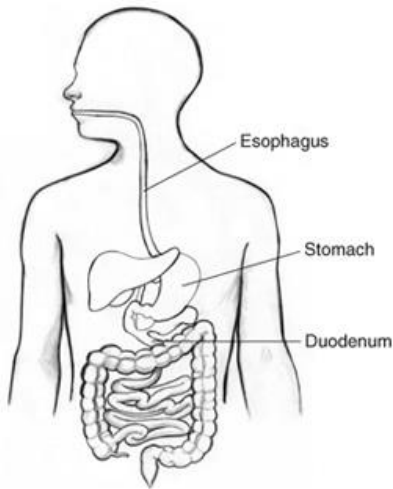


Barium Swallow/Upper GI



An upper GI series uses x-rays to help diagnose problems of the upper GI tract, which includes the esophagus, stomach, and duodenum (the first part of the small intestine).

This test can be used to help determine the cause of:

- abdominal pain
- nausea or vomiting
- difficulties swallowing
- gastroesophageal reflux (GERD)
- unexplained weight loss

Preparing for your upper GI

Tell your doctor if you:

- have any health conditions
- have allergies to medications or foods
- are taking any medications - including over-the-counter drugs, herbal and dietary supplements, and vitamins
- are pregnant or may be pregnant

Do not eat or drink anything for 8 hours before the test; your upper GI tract must be empty before this test begins. **Do not smoke or chew gum during this 8 hour period.**

The day of your test

This test is done by a radiology technologist or a radiologist, a doctor who specializes in x-ray imaging. If a technologist conducts the upper GI series, a radiologist will later examine the images.

- While sitting or standing in front of an x-ray machine, you will drink barium liquid, which is often white and has a chalky consistency and taste. The barium liquid coats the lining of the upper GI tract and makes signs of disease show up more clearly on x-rays.
- X-ray video, called fluoroscopy, is used to view the barium liquid moving through your esophagus, stomach, and duodenum.
- Additional x-rays and fluoroscopy are performed while you lie on the x-ray table.
- To fully coat the upper GI tract with barium liquid, you may be asked to change position. To

allow x-rays to be taken at different angles, you may be asked to hold still in a particular position while an x-ray is being taken. A tilt table may be used to move the barium through the upper GI system.

What is a double contrast study?

The double contrast study gets its name from the combination of air and liquid barium working together to create a more detailed view of the stomach lining. You will be given gas-forming crystals to swallow. These crystals are activated when they mix with the barium liquid. The gas expands your stomach, exposing finer details of the stomach lining, and additional x-rays are taken.

After your upper GI test

- Unless otherwise directed, you can resume your normal diet after the test.
- You may feel bloated or have an upset stomach for a short time after the test.
- Not eating before the test and the test itself may cause you to feel tired.
- For several days afterward, barium liquid in the GI tract causes stools to be white or light colored.
- Drinking plenty of liquids helps flush out the barium and reduce the risks of constipation and bowel obstruction.

When to call

Mild constipation is the most common problem after a UGI. Serious complications are rare and include an allergic reaction to the barium drink and bowel obstruction.

If you have any of the following rare symptoms, contact their doctor immediately:

- severe abdominal pain
- failure to have a bowel movement within 2 days after the test
- **fever of 100.4°F (38°C) or higher**

Who to Call: Call your Center _____ Center Hours: Monday – Friday, 8 a.m. – 5 p.m.

After hours: Call Roswell Park's main number (open 24/7) **716-845-2300** and the Call Center staff will assist you. If it is determined you need to be seen, we may ask you to come to the Assessment and Treatment Center (ATC) here at Roswell. The ATC is open 24/7 but you must be referred to the ATC by your provider, or the provider on call. It is not a walk-in clinic.

If you are having life-threatening symptoms, call 911 or go to the nearest hospital emergency department. Please let your Roswell provider know you have gone to the hospital.