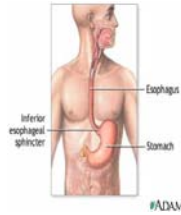


# UNITED HOSPITAL CENTER PATIENT EDUCATION

## UPPER GI SERIES



Your physician has referred you to the Diagnostic Imaging Department at United Hospital Center for an Upper GI Series. For this examination to be successful, it is important that your stomach be empty. Therefore, we ask that you do not eat or drink anything after midnight the night before your exam. We also ask that you refrain from chewing gum or smoking.

For this exam you will be asked to wear a hospital gown. Upon entering the exam room, the technologist will ask you a few questions. You will then be positioned behind a piece of equipment called a fluoroscope. The technologist will hand you a packet of granules with a small amount of water in a cup. You will be asked to quickly swallow the granules after they are mixed with the water. The granules create gas or air in your stomach to allow the radiologist to better see certain structures. Though you may feel the urge to burp (belch), please try not to as it is important to keep the air in your stomach.

Following the granules, you will be given a cup containing a liquid barium mixture. The radiologist will instruct you as to when and how much to drink. The radiologist will watch as the barium flows into your digestive tract. You may be asked to turn from side to side, the table may be tilted, and the radiologist may apply slight pressure to your abdomen. From time to time you will be asked to hold still and stop breathing so that x-rays can be taken.

When the radiologist finishes his part of the exam, the technologist will ask you to drink more of the barium mixture. You will be assisted into several different positions and images will be taken. After the films are checked, you will be allowed to leave and resume previous activities.

Afterward your stool may look slightly white for a day or two. This is due to the barium. If you're having difficulty getting your bowels to move, tell your nurse or doctor. A laxative may be prescribed.

**LENGTH:** Approximately 45 minutes

If you are pregnant, or think you might be, tell your doctor and the technologist **BEFORE** the exam.

**DISCLAIMER:** The content contained in this patient education is presented solely with the intent of providing public service information on health and health-related issues. This information is neither intended nor implied to be a substitute for professional medical advice. Always consult your physician or other qualified health provider prior to utilizing any of the information presented in this patient education. UHC makes no warranty, representation or guaranty as to the content, accuracy, timeliness or completeness of the information presented in this patient education or that the information may be relied upon for any reason.