

Upper GI Series Instructions

Your Exam is scheduled for:

- Day/Date _____ Time _____
- Place Cambridge Hospital Whidden Hospital
- If you must cancel or change this appointment call 617- 665-1298.
- If you have any questions before the test call your ordering provider.
- **If you might be pregnant, please tell your ordering provider before you schedule your exam.**

What is an Upper GI Series?

This is a set of x-rays of the upper parts of your digestive tract. You may get x-rays of one, two, or all three parts.

For all of the tests, your stomach must be empty. If there is food, it shows up on the test as shadows. That makes it hard to see what is going on.

For all the tests, you will drink a thick white liquid (barium). This liquid coats the lining of these parts so they will show up clearly. The doctor (a radiologist) uses a machine (fluoroscope) that shows these parts on a TV screen. It saves these pictures as x-rays.

After the test, the radiologist will look at the x-rays to see what might be causing your problem. The doctor will look for narrowing, any blockages, ulcers, growths, or if stomach acid goes out of your stomach to cause heartburn (reflux), or other conditions.

On the night before your test:

1. Do not eat anything after 8:00 at night.
2. Between 8:00 P.M. and midnight if you are thirsty, drink clear liquids (water, soda, black coffee, plain tea)
3. Do not drink or eat ANYTHING after midnight.

On the day of your test Day:

1. **Take your prescribed medicine. Take it with just 1 ounce of water.**

*If you have diabetes or a special medical condition, please talk to your Provider about what you should do.

2. Do not eat or drink anything, even water, gum, or candy, until the exam is over. Do not swallow any water when you brush your teeth.

3. Do not smoke any time before the test.

Barium Swallow – just the esophagus (the tube from your mouth to your stomach). **How long will this take?** The test takes about 30 minutes.

Upper GI Exam – esophagus and stomach. **How long will this take?** The test takes about 30 minutes.

Small Bowel Follow- Through

This is to look at the last part of your upper digestive tract. (The small intestine) **What should I expect? You will drink barium.** If you already had an Upper GI test, this will be your second barium drink. We will take x-ray pictures every 30 minutes to see how the barium moves through your body. Most of the time, this test takes about 90 minutes but, it can take up to 5 hours. So bring a book or magazine.

What should I expect after the Upper GI Series?

The next few days, you may have whitish colored bowel movements because of the barium. You should drink extra fluids unless your provider has said to limit fluids.

How will I find out the results?

The radiologist will send the results to your provider, within one week. If you haven't heard in a week, you can call your provider.