Care Gram

Upper Gastrointestinal (GI) Series

Date of Test: _____ **Test Time:** _____

Welcome
Welcome to the Licking Memorial Hospital (LMH) Radiology Department. Your doctor has requested an Upper GI Series. This is a test of your upper digestive tract (your mouth, tube to your stomach, and stomach). It will be performed by a radiologist, who is certified in the use of X-ray equipment.

How the Test Works
Typically, X-rays pass through the soft tissues of the body, such as your upper digestive tract. For this test, you will be asked to drink a mixture called barium that helps your upper digestive tract show up as clearly as your bones do. The barium coats the walls of your upper digestive tract and blocks the X-rays. This casts a shadow that is displayed on a device called a fluoroscope. It also shows up on the X-ray film.

Allowing Time
The test itself usually takes less than an hour. Sometimes, a test such as a small bowel series may be requested with your upper GI series. In this case, you will need to allow more time.

Preparation
Follow your doctor's instructions carefully to prepare for the test. Eat and drink only as described below unless your doctor gives you other instructions.

- Do not eat anything after 10:00 p.m. on the night before the test.
- Do not eat or take medication until after your test.
- If pain medication is needed, please check with the Hospital before taking it.

Your Role

1. Please follow your doctor's instructions carefully to prepare for the test.
2. Relax during the test. It is important to hold your breath when asked.
3. If you are pregnant or think you might be pregnant, let your doctor know before the test begins.

Registering
Please report directly to the Radiology Department on the first floor of LMH. Come to this area 20 minutes before your scheduled test time.

Licking Memorial Health Systems
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(740) 348 - 4000 • www.LMHealth.org

During the Upper GI Series Test

- You will be asked to remove your clothing and wear a gown and robe. The radiographer may ask you a few questions.
- You will be asked to swallow sodium bicarbonate granules and a small amount of liquid. This will make your stomach expand with gas and makes it easier to X-ray your stomach. It is important not to belch or burp.
- You will then drink barium, which is a milky white liquid. The doctor uses a fluoroscope to watch the barium go into your digestive tract. As the test continues, you will be asked to drink more barium.
- You will then be asked to turn from side to side and hold different positions. Pressure may be applied to your stomach. The table may be tilted slightly.
- Sometimes you will be asked to remain still and hold your breath.
- After the X-rays of certain areas, there will be another piece of equipment placed over you. This will take X-rays of the whole upper digestive tract.
- You will be asked to wait while the doctor looks at the X-rays. Sometimes more X-rays may be needed.

After the Test

The barium may make your stools appear somewhat white for 1 to 2 days. If you tend to get constipated, ask your doctor about a laxative. Drink plenty of fluids to help flush the barium out of your system. If you have limited fluids, please check with your doctor about how much to drink. You may eat a regular diet after the test unless your doctor tells you something else.

Finding Out the Results

The radiologist will study your test and give the findings to your doctor. Your doctor will talk to you about the results.

Reminder

- If you have any questions about your test, please call (740) 348-4710.
- Go to the Radiology Department on the first floor 20 minutes before your test.

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This Care Gram is for information purposes only. It may become out-of-date over time. Ask a doctor or a healthcare professional about your specific condition.