



## Patient Prep & Instruction Manual Scheduled Test: GI Esophagram

Date: \_\_\_\_\_

Time: \_\_\_\_\_

**Where:** Depending upon where your procedure was scheduled, check in at Radiology Reception. You should arrive at least 30 minutes before your appointment time in order to be registered.

**Purpose:** This x-ray procedure is designed to examine the esophagus. After this organ has been distended with gas, a thin coating of barium suspension is applied to outline its inner surface.

**Preparation:** If you are a woman of childbearing age and there is a chance you may be pregnant, please consult your physician before scheduling this exam. Medications can be taken prior to your test. Pills should be taken with just a small amount of water, early in the morning.

If you take insulin, you must consult your doctor about adjusting your dose. You should not take insulin if you are fasting for your exam. However, you should bring your insulin with you so you can take it after the exam. Also, when making an appointment, tell the scheduler if you are diabetic and request an appointment time early in the day.

The presence of food or fluid materials would interfere with the accuracy of the examination. It is therefore necessary to avoid all intake of food or liquid from the hour of 9:00pm of the day preceding your appointment.

Please do not bring children with you to the appointment. Be sure that your doctor's office has sent an x-ray request form to the department or that you bring one with you.

**Procedure:** You will be asked to change into a hospital gown since zippers and snaps will interfere with making the images. Women must remove bras. You should also remove any jewelry that may be in the area of neck. The test will take between 40 to 60 minutes.

A small intravenous injection is usually administered first in order to obtain relaxation of stomach and duodenum. You will then be asked to swallow granules or powder in order to produce gas within the stomach. Next you will be asked to begin swallowing the liquid barium. During the course of the examination, you will be helped to turn into various positions to coat and visualize all areas of the upper gastrointestinal tract. A number of x-ray

images will be obtained.

The radiologist's report of the results will be sent to your doctor. Your doctor will discuss the results of the test with you.

**After Care:** Resume your normal diet. Increase fluid intake and drink plenty of water. For most patients with normal bowel habits, the passage of barium in the form of "white stools" will present no problem. Patients with a history of constipation may use a mild laxative.

Please call (215) 662-3518 (GI) if you have additional questions.