

is palatable. As you drink the barium, the radiologist will note the passage of the liquid into your esophagus and stomach on the monitor. Once the Upper Gastrointestinal tract is adequately coated with the barium, X-rays will be taken. You will be asked to hold your breath to prevent blurring of the still images. Also, periodically you may be asked to move into different positions to ensure that the barium is coating all parts of the Upper GI tract.

At some point during the exam you will lie on the radiology table. You could be asked to drink more barium throughout the procedure. After the exam is complete, you will be asked to wait for the radiologist to do a preliminary review of the images to be sure they contain the necessary information for a more careful evaluation later. If the X-rays are acceptable, you will be allowed to dress and leave.

In some cases, in addition to the standard Upper GI series, your healthcare provider may order a detailed intestine or small bowel series; it is called a small bowel follow-through (SBFT). Once the preliminary Upper GI series is complete, you will be escorted to a waiting area while the barium travels down through the rest of the small intestines. Every 15 to 30 minutes you will return to the X-ray suite for additional films. Once the barium has completed its trip down the small bowel tract, the test is complete. If this portion of the test has been ordered for you, it can take anywhere from 1 to 4 hours.

The test will take between 40 to 60 minutes.

AFTER THE TEST

When your test is complete, you may resume your normal diet and restart any medications you were asked to stop according to your healthcare provider's instruction. You should drink an extra 4 to 8 glasses of water after your exam to help move the barium through your system. The barium may color stools gray or white for up to 72 hours after the procedure. If you experience constipation, your healthcare provider may recommend a mild laxative. You may be as active as you want.

RISKS

The exposure to radiation is very low during an Upper GI. X-rays are monitored carefully to minimize the amount of exposure needed to produce the image. Most experts feel that the risk is low compared with the benefits. Patients who are or may be pregnant should notify their healthcare provider as there is potential risk of harm to the fetus with any radiation exposure.

REPORT

A radiologist will interpret the images and forward a signed report to your referring healthcare provider who will in turn give the results to you. Although your doctor should receive a radiologist report within 24-48 hours, please allow enough time for your physician to review the results. Depending on how busy your doctor's office is this could take up to a week or more.

You may also access your results on line through My Adventist Health. Radiology reports are available on line within 5 days of the results. To learn more about how you can sign up for My Adventist Health, please speak with one of our Patient Access Representatives.

Please call (808) 263-5166 to schedule your appointment.

Call your healthcare provider if you notice:

- Abdominal or rectal pain
- Blood in your stool
- Nausea
- Stools do not return to a normal color within a few days
- Constipation

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Upper GI

Upper GI

- Procedure description
- What it is used for
- Patient preparation
- What to expect during and after the exam
- Reportable signs after the procedure

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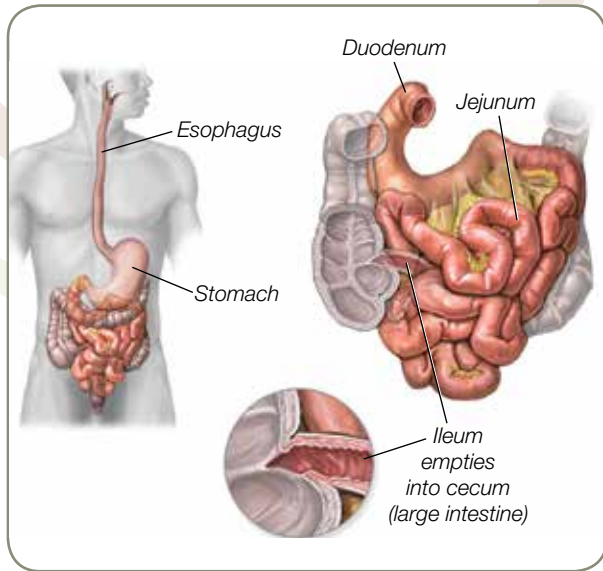
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WHAT IS AN UPPER GI?

An **Upper GI** is a series of X-rays examining the esophagus, stomach and first part of the small intestine (duodenum). These parts of the body are known as the Upper Gastrointestinal (GI) tract or upper digestive system. A **barium swallow** is used when only the pharynx and esophagus are evaluated. In order for these parts of the anatomy to show up on an X-ray the upper gastrointestinal tract must be coated or filled with a contrast material called barium. Barium is an element that appears white on X-ray.

WHAT IS IT USED FOR?

An Upper GI is done to observe digestive function or to detect abnormalities in these parts of the body.



It may be ordered if you have:

- Diarrhea
- Weight loss
- Abdominal pain
- Difficulty swallowing
- Regurgitation (reflux)
- Severe indigestion
- Rectal bleeding
- Blood in your stools
- Vomiting blood

An Upper GI can detect:

- An ulcer
- A blockage
- An abnormal growth or tumor
- Diverticula – abnormal pouches in the intestine
- Gastroesophageal reflux disease – GERD
- A hiatal hernia
- Crohn's disease
- Pulmonary aspiration – inhalation of fluid, food or other foreign matter into the lungs
- Inflammation of the stomach or small intestine

PATIENT 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 11:00pm of the day preceding your appointment. (Nothing by mouth after Midnight on the day of your scheduled test is the most common rule of thumb).

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.

If there is a chance that you may be pregnant, notify your healthcare provider and/or X-ray technologist.

WHAT YOU CAN EXPECT

A board certified Registered Technologist will obtain a complete history of your symptoms. If you are taking any medications, please bring a list of your medications to your appointment so the technologist can review.

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 or abdomen. (It is advisable that you leave non-essential items, like jewelry at home).

You will be introduced to one of our Board Certified Radiologists and provided the opportunity to ask additional questions about the procedure. Results of your procedure, however, may not be available until your Radiologist has had the opportunity to review all images on an independent workstation.

You will be sitting or standing up while your heart, lungs and abdomen are examined with a fluoroscope. A fluoroscope is a special X-ray machine that projects images onto a monitor similar to a TV screen. You may be asked to swallow baking-soda crystals before you drink the contrast material. This helps to create gas in your stomach and increase visibility. The technologist will position you standing next to the X-ray equipment and then you will be asked to drink a cup of liquid barium, which resembles a light-colored milkshake. Barium has a chalky consistency but



Upper GI Film