

An appointment has been made for you

Clinic \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Time \_\_\_\_\_

Date \_\_\_\_\_



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A GUIDE FOR PATIENTS

## Barium Meal

For information regarding your appointment,  
please see the back of this leaflet.

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# What is a Barium Meal?

Your doctor has requested a barium meal, which is an examination of the upper part of the gastrointestinal tract (GI) i.e. esophagus, stomach, and duodenum.

## How long will the procedure take?

The examination usually takes about 15 minutes.

## Preparation

You must not eat or drink anything after midnight, the night before the examination.

## Procedure

You may be given gas granules which, when swallowed, will release some gas in your stomach. It is important to try keeping the gas in the stomach for the duration of the test. A cup of barium is then swallowed and you will be asked to roll into different positions on the x-ray table in order for the radiologist to take appropriate images.

A small injection may also be given to help relax your stomach. It is important to tell the medical staff if you have heart problems or glaucoma before the injection is given.



While being x-rayed it is important to follow directions so your specialist can obtain the best images possible.

## After the procedure:

After the barium meal you will be given a mild laxative to take home with you. You should also drink plenty of fluids. Your bowel actions may be white for some days following the procedure.

If you are diabetic or have any other medical conditions which require a special diet or drugs, please inform us before your appointment.

**If you have any questions regarding the procedure please contact us or speak to your doctor.**

Please bring any previous imaging with you on the day of your examination. If you have any questions please do not hesitate to ask us!