

BARIUM MEAL



Preparation Information Sheet

BARIUM MEAL

What is it:

An x-ray examination of your pharynx, oesophagus, stomach and duodenum.

Preparation:

No food for 12 hours. Drink water up to 2 hours before the examination as needed for thirst.

What happens:

You will change into a gown. You drink about 200mls of a barium suspension which is very dense and lets us see your gastro-intestinal tract on x-rays. Pictures are taken as you drink the barium to see the oesophagus, and after drinking to see your stomach and duodenum. Various pictures are taken from different views with you standing and lying. You may also swallow a whole marshmallow with some barium if obstruction of your oesophagus is suspected.

How long does it take:

About 15 minutes.

After your examination:

Drink lots of fluids and have a high fibre diet for 2-3 days to flush the barium out of your large bowel, otherwise it will tend to cause constipation.

Your images and report:

After your examination, you will be given a copy of the most pertinent images from your study. A report will be given to you with the images, or sent directly back to your referring doctor by fax or email. We will store digital copies of all studies on our secure database for comparison with any future examinations.

Please bring any previous x-rays with you for comparison.

It is important that you return to your doctor with your examination results. Whether they are normal or abnormal, your doctor needs to know promptly so that a management plan can be formulated.

SPECIAL INSTRUCTIONS FOR DIABETICS:

If your examination requires fasting, then book an early morning appointment and have your breakfast and diabetic medication after the examination.