

## Preparing for your Barium Swallow (Ba Swa), Upper GI (UGI) or Small Bowel Series (SBFT)

You will need to...

- Be NPO after midnight which means **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE DAY BEFORE YOUR EXAM!**

You may bring your medications with you to take after completing your examination. If you are Diabetic...

- Arrive 15 minutes before your scheduled exam time to fill out paperwork and get checked-in.

What to expect...

- After check-in, you will be taken to a dressing booth to change into a gown. You will then be asked to stand in front of the x-ray unit and drink a chilled, flavored, chalky mixture called Barium. The barium is watched as it passes through your digestive system and several after films may be taken as well to document your study.
- A Barium Swallow and / or an Upper GI will take approximately 45 minutes to complete.
- A Small Bowel series could take up to 4 hours depending on how fast your digestive system works.

**IT IS CRITICAL THAT YOU DRINK AN EXCESSIVE AMOUNT OF FLUIDS AFTER THESE PROCEDURES TO PREVENT CONSTIPATION FROM THE BARIUM!**

If you have any questions or concerns, please don't hesitate to call an x-ray technologist to assist you at 434-237-4004.

Appointment date: \_\_\_\_\_ Arrival time: \_\_\_\_\_