

**GRAVES GILBERT CLINIC X-RAY DEPARTMENT  
INSTRUCTIONS FOR AN UPPER GASTROINTESTINAL SERIES  
AND SMALL BOWEL EXAMINATIONS**

**Test:** An upper gastrointestinal series consists of an x-ray of the esophagus, stomach, and upper part of the small bowel or intestine while the patient is drinking Barium.

**Purpose:** The purpose is to diagnose or find causes of difficulty in swallowing, abdominal pain, bleeding, ulcers, strictures, or possible cancer of the stomach or esophagus.

**HOW TO GET READY FOR THE TEST:**

**Do not eat, drink, smoke, or chew gum or tobacco after midnight on the night before the examination.** Nothing should be taken by mouth. If you have diabetes you need to check with your physician regarding your Insulin, and it is probably advisable to schedule your exam as early in the morning as possible so that you will not be detained. The test will take 30 to 45 minutes. If you are having a small bowel examination together with an upper GI series, the exam may take up to 3 hours. The reason for this is that multiple films are taken as the Barium progresses through your small bowel to your colon, and this varies from patient to patient depending on the motility of your gastrointestinal tract. It is advisable not to take medication if at all possible. If the exam is early in the morning the medicine can be taken after the examination. Fluid in the stomach prevents good coating with Barium and decreases the ability to detect abnormalities in your stomach. After this study has been performed it is advisable to drink extra quantities of water so that constipation doesn't become a problem as you evacuate the Barium.

**Your test is scheduled for \_\_\_\_\_ o'clock on the \_\_\_\_\_ day of \_\_\_\_\_.**