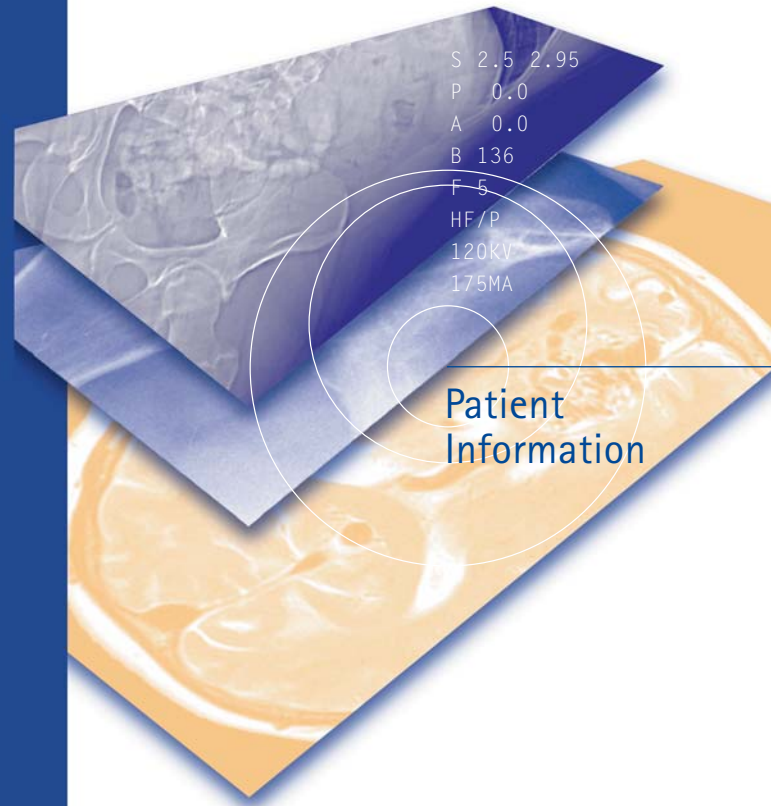


Please bring any previous x-rays with you on the day of your examination

# Barium Meal



Your next appointment:

Date: \_\_\_\_\_

Time: \_\_\_\_\_

## What is a barium meal?

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A barium meal x-ray will allow the radiologist to clearly view the stomach and digestive tract.

## Preparation

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Please fast for 6-8 hours for this procedure.

If you have diabetes, please inform us before your appointment.

Please DO NOT take your normal medication before the procedure, bring your medications with you to take after the examination.

## Procedure

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At the time of the procedure you will be asked to drink a glass of creamy, chalky liquid, known as barium. This liquid temporarily coats the lining of the stomach so that it shows up clearly on the x-ray.

You may also be asked to take a mixture which produces gas in the stomach. This gas helps to fill the stomach and make the picture clearer.

The radiologist will ask you to lie in several different positions and ask you to hold your breath while taking the x-rays.

If the procedure proves too uncomfortable, an injection of Buscopan or Glucagon may be administered to relax the muscles.

## How long will the procedure take?

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The barium meal procedure can take from 30 minutes to 2 hours depending on the amount of information required.

If a small bowel follow-through series is required these may take up to 4 hours. This is to allow the barium to pass through the entire length of the small intestine.

After the procedure it is important to drink a lot of fluid and return to your normal diet. Your bowel action will be white for two days following the procedure.

The radiologist will then examine the films and send a report to your doctor.