Upper GI Series Preparation

An upper GI (*gastrointestinal*) series has been ordered for you by your caregiver. This test evaluates the upper small *intestines* (stomach, duodenum, jejunum, and ileum) the entire way from the mouth to the start of the colon. This test is used to look for ulcers, tumors, and many other disease processes.

BEFORE THE TEST

- Follow your instructions carefully so your test will not need rescheduling.
- You can have nothing to eat or drink after midnight.
- Take any required medications as directed by your caregiver.
- The test will take about an hour. Arrive at the hospital one hour early or as suggested by your caregiver to check in.
- Do not smoke the morning of the test. Smoking changes the movement and secretions of your bowel.

LET YOUR CAREGIVER KNOW ABOUT THE FOLLOWING:

- When you last ate or drank
- Previously existing *gastrointestinal* (stomach or small bowel) disease or surgery
- Any possibility of pregnancy
- Other health problems
- Any previous gastrointestinal or *abdominal* (belly) surgeries
- Medications taken

DURING THE TEST

You will be asked to drink *barium*(a liquid that enhances x-ray images). You may also swallow “fizzies”, a substance that makes air build up in your stomach. Do not burp even if you feel you have to. For the best images, you may need to stand or lie in different positions. When it's time to take the x-rays, you will be asked to hold your breath for a moment. You may have to wait briefly after the test to make sure the images are readable.

FOR YOUR COMFORT

- Remain as relaxed as you can during the test
- Focus on your caregiver's instructions during the test. This will speed up the process and limit any discomfort.

AFTER THE TEST

You can get back to your normal diet and activities right away. Drink more water than usual. Water will help relieve any constipation you may have after this test. Your stool may appear white or light for a day or two. Your caregiver will let you know when the results are in.

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