

## *What you need to know about Upper G.I. Series...*

### **What is an Upper G.I. Series?**

The Upper G.I. (U.G.I.) Series involves drinking a white fluid that will make your stomach visible on X-ray film. This procedure is most often used to diagnose problems with your digestive tract.

### **How does the Upper G.I. Work?**

The white barium fluid allows the radiologist to see the contours of your stomach with X-rays. In order to best evaluate your case, the radiologist will ask you to move from one position to another on the X-ray table to obtain a series of images.

### **May I take someone with me?**

Certainly. Your friend or family member is welcome to stay in the waiting room.

### **How should I prepare for my exam?**

#### ***The day before:***

It is important that you do not eat or drink any dairy products the day before your exam. You should continue to take prescription medicines on schedule — unless your physician has instructed you differently. Do not eat or drink after midnight on the day prior to your exam. On the day of your exam, do not eat or drink.

### **What about my clothing?**

You will be asked to undress, put on a hospital gown, pajama bottoms, and remove any jewelry or other items that may interfere with the X-ray.

### **What will happen during the exam?**

You will initially stand on a platform and be asked to drink the barium material. You may also be given another mixture to drink. This second mixture will further expand the stomach. The radiologist will then examine your stomach by watching the barium mixture, using a fluoroscope and television monitor. For part of the exam, you will be lying down. After the radiologist has completed his filming, a technologist will then take a series of X-rays in order to provide a better overview of the stomach.

### **Following the exam...**

To help you expel the remaining barium, your physician may direct you to drink eight glasses of water during the following 24 hours. A mild laxative may also be permitted.

### **When will I learn the results?**

The radiologist will evaluate your case and report to your physician. Normally, your physician will inform you of the results of this test and any other necessary testing or treatment within 3 working days.

### **Whom should I call if I have any other questions?**

Please feel free to call Northfield Hospital's Medical Imaging Department at (507) 646-1143.