

Upper GI Series

Please read this before your appointment. Feel free to ask questions.

An **Upper GI Series** (UGI) is an x-ray exam of your upper digestive tract. A radiologist will perform the exam. A radiologist is a doctor who specializes in reading x-rays. A radiologic technologist assists the doctor. Usually this exam takes 45minutes.

You are scheduled for an exam at the following HealthEast facility

- St. John's Hospital
- St. Joseph's Hospital
- Woodwinds Health Campus

Appointment Date: _____ **Time:** _____

Questions about scheduling, call: 651-232-5500

Tell your health care professional if you

- Are or might be pregnant.
- Know if you are allergic to barium.

Exam Preparation

- Do not eat or drink anything after midnight.
- You may take medications with a small amount of water.

The Exam

You will wear a hospital gown and robe. When you enter the exam room, the technologist will explain the exam to you. They will ask you a few questions and answer any questions you may have.

You will begin the exam standing. You will probably be given crushed, white crystals, which fizz in your mouth.

Next, you will be given a cup of thick liquid, called barium. This barium is a contrast material that can be seen on x-ray. This barium will coat your esophagus, stomach and the first part of your small intestine. This allows them to be seen by x-ray. The radiologist will ask you to drink the barium as they watch the x-ray monitor.

The radiologist may use slight pressure on your stomach. They will ask you to turn from side to side and hold your breath. The table will tilt flat and you will lie down for more pictures.

After the radiologist is finished, the technologist will continue with several more pictures. Your doctor may also request a Small Bowel Follow Through (SBFT). This extra exam may add several hours to your procedure. This exam may be done immediately after the UGI. This exam looks at the entire 20 feet of the small intestine.

When the Exam Is Completed

The radiologist will study the pictures. The radiologist will then tell your doctor what was found on the pictures. Your doctor will explain the results to you.

Before you leave, you will be given instructions to follow at home. Feel free to ask questions if something is not clear to you. We welcome your comments.

At HealthEast, we are dedicated to providing the best possible care. Thank you for taking time to read these instructions. We hope to make your experience as pleasant as possible.

Prevent Constipation

To reduce the risk of constipation, drink plenty of water to remove the remaining barium. You may go back to normal diet and activities unless otherwise instructed by your doctor. Your stools may appear light colored for the next few days.

Billing Information

You will receive two bills for this exam.

1. The technical fee is for doing the procedure. It will be from the HealthEast facility. If you have questions regarding this bill, call 651-232-1100.
2. The professional fee is for the radiologist's time. It will be from the radiologist's group. There will be a phone number on the bill that you may call if you have any questions regarding the charge.

Materials provided by HealthEast Patient Education Service. For 24 hour access and referral:
HealthEast Care Connection: 651/326-CARE (2273) · 1-866-326-CARE (toll free)
· www.healtheast.org