

# Information for Patients Undergoing a Barium Swallow and Meal

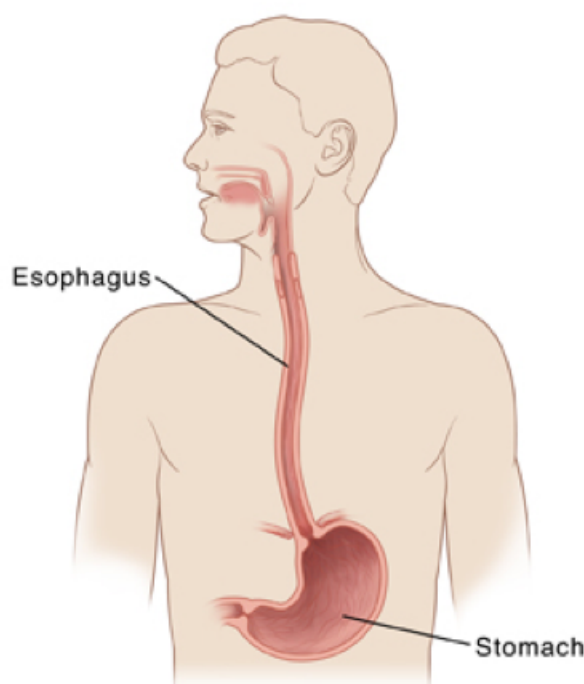
Radiology

## The aim of this leaflet

It is not meant to replace informed discussion between you and your doctor, it is to explain what is involved and what will happen to you and to explain the possible risks of this procedure.

## What is a Barium Swallow and Meal?

A barium swallow is an examination of your oesophagus (gullet); sometimes X-rays of your stomach may be taken (barium meal).



## What happens during a Barium Swallow and Meal?

You will be asked to change into a gown. You will then be given a cup of barium to drink (barium is a fluid that shows up on X-rays). The radiologist will watch the progress of the barium and take a number of films.

**The prevention of infection is a major priority in all healthcare and everyone has a part to play.**

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

You may also be given some effervescent granules to swallow, which creates gas to distend the stomach. This will make you feel the need to belch, but you will be encouraged not to do so until the test is completed

## How long will it take?

The examination is usually completed within 30 minutes.

## Is there any preparation?

It is most important that your stomach is empty when you attend for the examination. To do this you must not have anything to eat or drink for 6 hours before your appointment.

## Do I need to bring anything / anyone with me?

Please bring a dressing gown and slippers if you have them. Do not bring unnecessary amounts of money or valuables.

It would be helpful to bring a relative or friend to the department with you.

## What if I am Diabetic?

If you are diabetic, please contact the Radiology Department as soon as you receive your appointment, so that further instructions can be given to you.

## Are you pregnant?

To ensure that you are not pregnant you should have this examination between the 1st and 10th day of your menstrual period. If you have not started your period in the 10 days before this appointment or you are actively trying for a family please contact the X-ray department, it may be necessary to re-arrange your appointment.

Please contact the Radiology Department as soon as you receive this appointment if you think you may be pregnant!

## Are there any risks or side effects?

You may have an injection in your arm; this can cause blurred vision for a short period. You must not drive after the examination until your vision has cleared. This injection may result in a small bruise at the injection site.

## Radiation:

There are some risks involved with the use of X-rays.

The overriding concern of your Doctor and Radiology is to ensure that when radiation is used the benefits from making the right diagnosis outweigh any small risk involved.

Radiologists / Radiographers who perform the examination are trained to ensure that the radiation dose associated with the examination is always kept to a minimum.

## After the examination

You may eat and drink normally. The barium will be passed out with your bowel motions during the next few days. Your bowel motions may be paler in colour

## When will I get the results?

The X-rays need to be studied and a report issued, so we will not be able to give you your results straight away. The Radiographer will advise you where and when to get your results.

## Student training

A student Radiographer may be present during the examination. If you would prefer them not to be present, please let the Radiographer know at the time.

## Special needs

If you have any special needs, which are likely to affect your examination, please contact the Radiology Department.

## How to contact us

If you have any questions or would like to discuss anything about your examination, before you attend, please contact the Radiology Department on 01902 694062 available between 9am and 4pm, Monday to Friday.

### **Radiology Department A2**

Level One  
New Cross Hospital  
Wolverhampton  
West Midlands  
WV10 0QP

### **Patient Advice and Liaison Service**

New Cross Hospital  
01902 695362  
Email: [rwh-tr.pals@nhs.net](mailto:rwh-tr.pals@nhs.net)

## Car Parking

Please leave plenty of time to find a parking space as parking is limited. The nearest car park to the Radiology Department is P6 situated on the south side of the hospital (charges are applicable)

## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。