

Barium Swallow/Meal/Follow-through Water Soluble Contrast Meal/Follow- through

Barium Procedures are specialized X-ray procedures that examine the gastrointestinal tract. The barium swallow demonstrates the oesophagus and barium meal, stomach and small intestine. A water-soluble contrast medium may be used depending on the indication of the study.

What to Expect During the Procedure

- You will be asked to change into a hospital gown. A locker will be provided for your convenience.
- An intravenous cannula may be inserted into one of the veins in your hand/arm and an injection may be given through it to relax your bowel just before the procedure. Alternatively, an intramuscular injection may be given for the same purpose.
- You will be asked to swallow some granules with a small amount of liquid. This will be followed by a drink containing barium sulphate. The mixture may 'fizz' up and it is important that you not belch as the gas pushes the barium to coat the lining of the stomach and duodenum. This makes the X-ray pictures clearer.
- You may be asked to stand in different positions so the oesophagus and stomach can be imaged from several angles.
- You may be asked to hold your breath for several seconds during image acquisition. This will assist in securing clear images.

The procedure may take 1-2 hours, and up to 4 hours if a barium follow-through procedure is required.

After the Procedure

- Please inform us before your appointment date if you are allergic to buscopan or glucagon.
- Please also inform us if you have glaucoma (high pressures in the eye), prostate problems or heart disease.
- Do inform your doctor if you are or suspect that you may be pregnant.
- For fasting diabetic patients, please stop all diabetic medications (including insulin injections) on the day of the procedure.
- Abstain from smoking 6 hours before the procedure to minimise mucosal secretions that would prevent the contrast from adequately coating the mucosal lining.

What are the Risks

Barium swallow and meal are generally very safe procedures, but as with any medical procedure, complications such as perforation (a tear or a hole in the intestine) or allergic reactions may occur. These risks are very low and all necessary precautions are taken to minimize them.

Should you have any queries or require further clarifications, please contact:

National University Hospital
Department of Diagnostic Imaging
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**Your Barium Swallow/Meal/Follow-through
Water Soluble Contrast Meal/Follow-through Appointment**

National University Hospital



Department of Diagnostic Imaging

Main Building, Level 2

Patient Particulars:

Appointment Date/Time:

Estimated Fees:

Note:

- Please do not bring valuables or excess cash with you. Patients and visitors are responsible for your personal belongings.
- No medical certificate will be issued for this appointment. Time chit will be given upon request.

Please arrive at least 15 mins before your appointment to register and prepare for the procedure.

We appreciate your understanding should an unforeseen delay occur due to medical exigencies.

Kindly inform us if you are unable to keep to the scheduled appointment.

Preparation Instructions for Patient

(Staff to the appropriate boxes)

Please fast according to the stipulated timings below:

Duration of fast	Age Range
<input type="checkbox"/> Omit last feed	▪ < 1 year old
<input type="checkbox"/> 4 hours Fasting start time: _____	▪ 1 – 10 years old
<input type="checkbox"/> 6 hours Fasting start time: _____	▪ > 10 years old

**If appointment time is changed, please adjust fasting start time accordingly.*

- For fasting **diabetic patients**, please stop all diabetic medications (including insulin injections) on the day of scan.
- Avoid smoking on: (date) _____
- Other special instructions: _____

IMPORTANT REMINDERS

- Please inform us before your appointment date if you are allergic to buscopan or glucagon.
- Please also inform us if you have glaucoma (high pressures in the eye), prostate problems or heart disease.
- Please let us know if you have had any previous surgeries.
- Do inform your doctor if you are or suspect that you may be pregnant.
- Abstain from smoking 6 hours before the procedure to minimize mucosal secretions that would prevent the contrast from adequately coating the mucosal lining.

Please bring this leaflet on the day of your appointment

National University Hospital

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OneNUHS General Enquiries: contactus@nuhs.edu.sg

OneNUHS Appointments: appointment@nuhs.edu.sg

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The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment, or if you have any questions related to your health, physical fitness or medical condition.

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