

Information for Patients having a Barium Meal

Introduction

A Barium Meal uses x-rays to obtain pictures of your oesophagus, stomach and the duodenum (the first part of the small bowel). The examination is performed by a Radiologist or Radiographer.

Is there any preparation?

- It is very important you carefully follow the preparation instructions on the front of your appointment letter. If you forget any of the preparation please call the department as soon as you realise, it may be necessary to re-book your examination.
- Please do not bring anyone requiring supervision with you; only the patient is allowed in to the examination room due to the use of X-rays.

What happens during the examination?

- You will be asked to stand against a special x-ray table.
- You will then be given a thick chalky liquid called Barium to drink, which shows up on the television screen.
- You may also be asked to swallow some small granules with a little lemon juice which produces gas to outline the stomach.
- During the examination you will be asked to move into various positions so that a series of x-rays can be taken and the table will be tilted flat so that you are lying down.
- The examination will take approximately 15 minutes, but please be prepared to stay in the department up to one hour.

What happens after the examination?

When the examination is complete you will be given an aftercare sheet to take home with you explaining any side effects and how to get your results.

Are there any side effects?

The barium can cause a little constipation for a day or so after the examination, but drinking plenty of fluids can help to avoid this. You may notice that your motions are paler than usual.

When will you get the results?

The Radiology Department will send a report of your examination to the Doctor who requested it.

Further Information

If you have any concerns or questions please telephone Radiology Department on 01603 286469, between 9am and 4.30pm, Monday to Friday.

Access to Radiology

How to find us: **To access Radiology for your appointment, please follow sign to the Urgent Care Centre/Minors (Emergency Department) in front of Carpark G. On entering, turn immediately left and follow signs to the CT/MR Reception. Please note the change in location, which is likely to be different from your previous visits to Radiology.**

Hospital transport: To enquire about hospital transport telephone 0333 240 4100

Contact details: **Telephone:** 01603 286108
Email: nnu-tr.fluoroappointments@nhs.net
Website: www.nnuh.nhs.uk