

MANKATO CLINIC DIAGNOSTIC IMAGING PATIENT INSTRUCTIONS

Upper G.I.

Patient: _____

Appointment Date: _____ Time: _____ am / pm

Location: Diagnostic Imaging Department at Mankato Clinic
1230 East Main Street, Mankato, MN 56001

Before the Exam:

- Do not eat or drink anything or chew gum after the evening meal the day before the exam. Water may be taken in moderate amounts until midnight. For the exam to be successful, your stomach must be empty.
- Do not smoke during this time.
- You may brush your teeth, but avoid swallowing any water.

During the Exam:

- The exam itself usually takes less than an hour. It is wise, though, to allow more time for your entire visit.
- This x-ray examination of your upper digestive tract will be done by a radiologist who is a physician specializing in medical diagnosis by x-ray and a technologist, who is an expert in the use of x-ray equipment.
- For this exam, you will be asked to remove your clothing and wear a gown.
- After you've entered the exam room, the radiologist or technologist may ask you a few questions.
- You will be positioned behind a piece of equipment called a fluoroscope.
- A cup containing a liquid barium mixture will be given to you to drink. This liquid allows your digestive tract to be visualized.
- Using the fluoroscope, the radiologist can watch the barium flow into your digestive tract. The table against which you are standing will then be automatically tilted, carrying you to a horizontal position. You will then be asked to turn from side to side and to hold several different positions. At time, some pressure may be applied to your abdomen, and the table may be tilted slightly.
- From time to time, you will be asked to remain perfectly still and to hold your breathing so the x-rays can be taken.
- After the radiologist has taken x-rays of selected areas, the technologist will position another piece of equipment over you to take x-rays of your entire upper digestive tract.
- You'll wait while the radiologist examines the x-rays to make sure they contain all the necessary information. Occasionally, more x-rays will be needed.

After the Exam:

- The barium may color your stools slightly white for the next day or two. If you have a tendency to be constipated, you may want to ask your health care provider to prescribe a laxative. You can resume your regular diet immediately after the exam, unless told otherwise by your provider.
- The radiologist will study your exam and give his impression to your health care provider. Your provider will discuss these results with you and explain what they mean in relation to your health.

Your exam will be reviewed and read by a Radiologist within the next 24 hours. A report will go to your provider for him/her to review. Your provider is responsible for communicating the results to you and this will be done by letter, a phone call, or a follow up appointment. If you don't have a follow up appointment scheduled and have not heard anything within a week, you have the right to call your provider's department and inquire about results.

If you are unable to keep your appointment or have questions about your exam, please call 507-389-8570.

Please check in at Patient Registration prior to going to the Diagnostic Imaging Department.

MANKATO CLINIC
www.mankatoclinic.com