



# BARIUM MEAL/SWALLOW | SMALL BOWEL FOLLOW-THROUGH

Your physician has prescribed a barium meal/swallow, or small bowel follow-through exam. These tests allow to view the walls of your upper gastrointestinal tract (esophagus, stomach, small intestine) in cases of stomach pain, heartburn, difficulty swallowing, vomiting, diarrhea accompanied by weight loss, bloody stools, and so on, using two contrast products - barium and carbon dioxide gas.

## ABOUT THE EXAM

### BARIUM MEAL/SWALLOW:

- You will swallow two contrast products: barium and carbon dioxide gas.
- Barium is a drinkable, thick white liquid that allow to view the walls of the organs in radio imaging. The carbon dioxide gas is contained within effervescent granules which, once in contact with liquid inside the stomach, release the gas. On the day of the exam, you will be given an injection of an antispasmodic medication (either hyoscine or glucagon).
- The radiologist will monitor the swallowing and passage to the esophagus using X-rays of your digestive system.

### SMALL BOWEL FOLLOW-THROUGH:

- You will swallow two contrast products: barium and carbon dioxide.
- Barium is a drinkable, thick white liquid that allow to view the walls of the organs in X-ray images. The carbon dioxide gas is contained within effervescent granules which, once in contact with liquid inside the stomach, release the gas. You will be given an injection of an antispasmodic medication (either hyoscine or glucagon).
- The radiologist will use X-rays to observe your small intestine.

## ALLERGIES | DIABETES

- If you are **diabetic** or **allergic to iodinated contrast product**, tell the administrative officer when scheduling your appointment, and the technologist on the day of your appointment. They will give you specific instructions to follow.
- If you have **Crohn's disease, ulcerative colitis, or glaucoma**, tell your physician. He will give you instructions to follow.
- **If you are pregnant (or believe you are)**, notify your physician and the radiology team, because you cannot take this exam.

## PREPARING FOR THE EXAM

### 12 HOURS BEFORE YOUR EXAM:

You must fast (no eating, drinking, smoking, chewing gum) **12 hours before your exam** to guarantee the quality of the X-ray images and to prevent interpretation errors.

## BRING THE FOLLOWING TO THE EXAM

- A valid health insurance card (to avoid paying for this test).
- A valid hospital card (otherwise you will have to go to the reception or admission department to get a card before your appointment).
- A list of your medications, if required.
- A bag for your personal items. Do not bring or wear any jewels or valuables. (The hospital is not responsible for lost or stolen objects.)

## ON THE DAY OF THE EXAM

- If you are allergic to iodinated contrast agents, notify the technologist.
- The radiologist will inject an antispasmodic (hyoscine or glucagon) to reduce abdominal cramps.
- You will be required to wear the hospital gown and to stand on the footstep in front of the X-ray table.
- You will be given a glass of water to swallow the effervescent granules, which will inflate your stomach. You will also be given barium/iodinated contrast medium to gain a better view of the lining of the organ and to take X-rays.
- X-rays will be taken in several positions (on your side, lying down, etc.) to get an image of your upper gastrointestinal tract. The technologist will instruct you (e.g., turn on to your side).
- X-rays of the small intestine will be taken at 15-minute intervals until the dye reaches your large intestine. The duration of the exam varies from one person to the next.
- Do not hesitate to ask the technologist questions during the exam.

## BACK HOME

- Drink 1 litre of water during the day as the exam and another litre the next day. Drinking lots of water helps to eliminate the barium.
- If you have constipation, ask your pharmacist to recommend a laxative.

## CANCELLING OR POSTPONING AN APPOINTMENT

To cancel or postpone your appointment, -refer to the coordinates in the checklist below.-

## DO YOU HAVE ANY QUESTIONS?



<https://www.santeestrie.qc.ca/en/care-services/services-specialises/imaging-nuclear-medecine/>



Info-Santé 811 OR speak to your prescriber

## CHECKLIST

My examination date: \_\_\_\_\_

### Hôtel-Dieu de Sherbrooke

580, rue Bowen Sud  
Sherbrooke, Québec J1G 2E8  
Enter through door 25 (at the corner of Woodward and Murray)  
2Nd floor, radiology reception desk, room 2408  
**To cancel or postpone your test:**  
**819-346-1110, Ext. 21049**

### Centre de santé et de services sociaux de Memphrémagog

50, rue Saint-Patrice Est  
Magog, QC J1X 3X3  
Réception de la radiologie au rez-de-chaussée  
**To cancel or postpone your test:**  
**819 843-2572, Ext. 2122**

### Hôpital Fleurimont

3001, 12<sup>e</sup> Avenue Nord  
Sherbrooke, Québec J1H 5N4  
Use the main entrance, 3rd floor radiology reception desk  
**To cancel or postpone your test:**  
**819-346-1110, Ext. 13053**

### Centre de santé et de services sociaux du Granit

3569 rue Laval  
Lac-Mégantic, G6B 1A5  
Radiology reception desk on the ground floor  
**To cancel or postpone your test:**  
**819-583-0330, Ext. 37358**