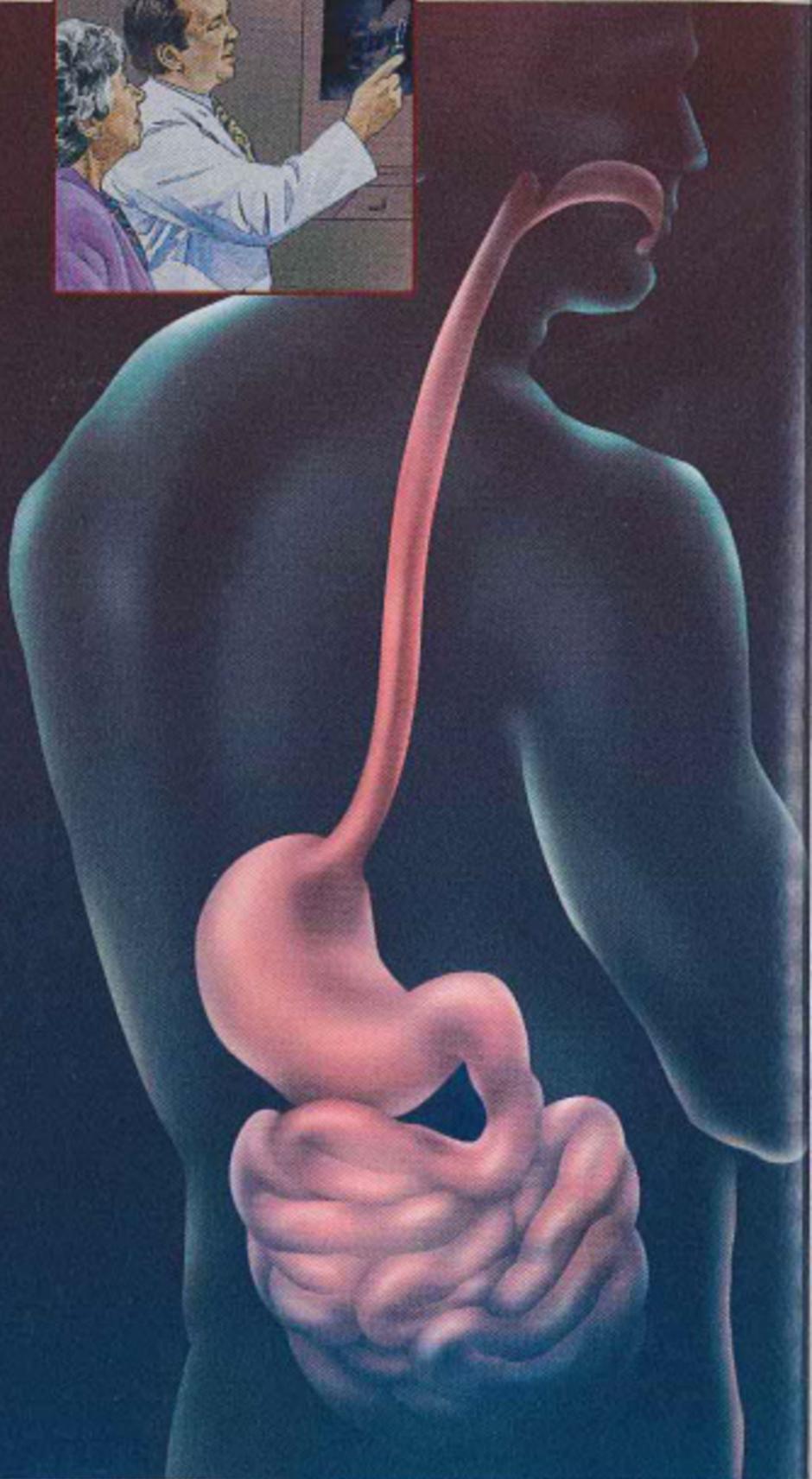


UPPER GI SERIES



A Detailed Look at Your
Upper Digestive Tract

BEFORE YOUR TEST

The success of your upper GI series depends on you. Stop eating and drinking the night before your test, as instructed. Food in your system could cause your doctor to cancel the test or misread the results. If you need to take medicine, make sure your doctor knows. Also, try not to smoke the morning of the test. An upper GI series takes about an hour. But you'll need extra time to check in.



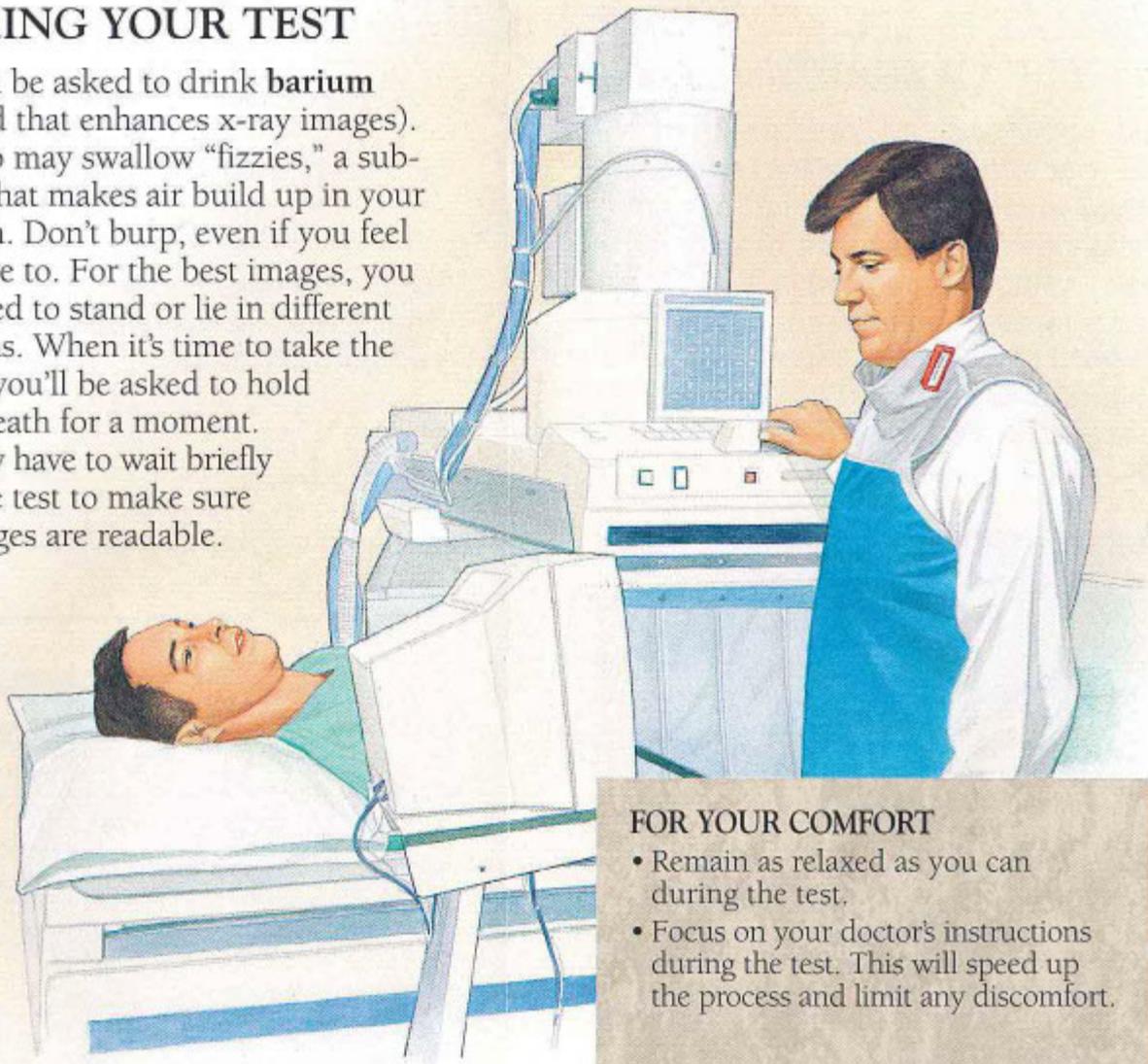
LET THE TECHNOLOGIST KNOW

For your safety, the technologist needs to know about any of the following:

- Allergies you may have
- When you last ate or drank
- You're pregnant or think you may be
- Any previous surgery
- Medications you take

DURING YOUR TEST

You will be asked to drink **barium** (a liquid that enhances x-ray images). You also may swallow “fizzies,” a substance that makes air build up in your stomach. Don’t burp, even if you feel you have to. For the best images, you may need to stand or lie in different positions. When it’s time to take the x-rays, you’ll be asked to hold your breath for a moment. You may have to wait briefly after the test to make sure the images are readable.



FOR YOUR COMFORT

- Remain as relaxed as you can during the test.
- Focus on your doctor's instructions during the test. This will speed up the process and limit any discomfort.

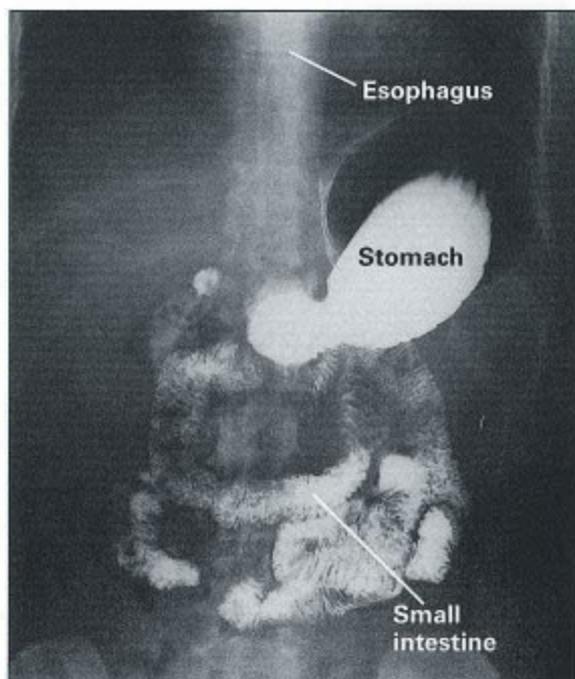
AFTER YOUR TEST

You can get back to your normal diet and activities right away. But drink more water than usual. Water will help relieve any constipation you may have after this test. Your stool may appear white or light for a day or two. Your doctor will let you know when the results are in.



WHAT IS AN UPPER GI SERIES?

An upper GI series is an x-ray exam of your upper digestive tract (the area from your mouth to the start of your small intestine). This test helps your doctor find any problems such as ulcers, tumors, and certain diseases. There's a small amount of radiation with an upper GI series. But the benefits of this test far outweigh any risks.



X-ray of the stomach and small intestine

TEST TIPS

- Follow any diet instructions you were given to prepare for the test.
- Tell your doctor right away if you've had anything to eat or drink on the day of the test.
- Be prepared to provide information about your overall health and any allergies you have.

NOTES:

My Appointment:

Date _____

Time _____

Place _____

Consultant:

Catherine M. Mills, MD, Radiology

With contributions by:

Harriet B. Borofsky, MD, Radiology

Myron Lewis, MD,
Gastroenterology

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