

BARIUM MEAL/SWALLOW

Your Doctor has decided that this is the appropriate examination to investigate your condition. Any alternatives should have already been discussed with you.

What is a barium meal?

This is a special x-ray examination of the stomach using a liquid (Barium) which shows up on x-rays to help diagnose various diseases. You will be asked to drink this liquid and x-rays will be taken as you drink it.

What are the benefits of having a barium meal?

Your swallowing and/or stomach problems can be diagnosed quickly and accurately.

Are there any risks in having a barium meal?

There are the usual slight risks associated with being x-rayed.

Please phone the department if you have had a camera test within two weeks of this appointment.

Female patients of child bearing age will be asked about their period dates to ensure that they are not pregnant. This examination should be carried out within 28 days from the start of your period. Please inform us if your appointment does not fit in with this.

All X-ray procedures involve exposure to radiation in varying amounts. We are all exposed to small amounts of radiation from the atmosphere throughout our lives. Any amount of diagnostic radiation can add slightly to the normal risk of developing cancer. In all X-ray examinations, the amount of radiation is kept to



the minimum necessary. Unfortunately, one in three of us are liable to develop a cancer at some stage during our lives, so the added risk from this test is very small indeed. This risk has to be balanced against the benefits you may achieve by having the procedure.

Barium may be inhaled during the procedure. Should this happen, a chest X-ray may be taken and, if necessary, physiotherapy will be used to help to clear this.

How long will I be in hospital for?

You will come usually to the x-ray department as an out-patient and should be prepared to be in the department at least 1 hour although the actual examination usually takes about 15 minutes.

On the day of the examination.

Have nothing to eat or drink for 6 hours before the examination.

IF YOU ARE DIABETIC:-

- Do not come alone. Have a responsible person to accompany you.
- Bring your medication and appropriate food with you.
- You may contact the Diabetic Specialist Nurse for further advice on your diet/medication on 0161 922 6443.

What happens when I arrive in the department?

A member of staff will check your details and if necessary amend them. You will be asked to change into a cotton gown and wait in a cubicle until the x-ray room is ready for you. You will be asked to remove any necklaces or earrings.

What happens during the procedure?

This examination will be performed by a Radiologist (a doctor specialising in diagnosis using x-rays) or a specially trained radiographer practitioner with the help of a radiographer or radiology department assistant.

You will be required to swallow a little powder and water which will then produce some gas in your stomach. You will then be asked to drink the liquid barium and the doctor or practitioner will watch it go to your stomach on a television screen and you will have x-rays taken as it goes.



You will be in a standing position at the start of the examination but the x-ray machine will tilt and slowly lie you down. You will then be asked to lie in various positions to have x-rays taken.

During the examination you may be given an injection of muscle relaxant to slow the emptying of your stomach. **If you have glaucoma or a heart condition you must tell the staff in the x-ray room before the examination starts.** You will not be sedated at all.

What happens after the examination?

After the examination a high fibre diet and plenty of fluids may be needed for a few days to ensure all the barium is passed and you do not become constipated.

Going home.

You can use your usual form of transport.

How will I get my results?

The results will be sent to the doctor who sent you for this examination and you can discuss the report with them when you next visit. An appointment will be sent to you if you came as out-patient. If your GP sent you, you need to make an appointment to see them about two weeks after the examination.

Who should I contact if there is a problem following my examination?

For advice, telephone X Ray 2 on 0161 922 6426/7 during the hours of 9.00am to 5pm, Monday to Friday. Out of hours, telephone your GP.

If you have any questions:

If you have any questions about the examination, please ring the department on 0161 922 6426 between 9am and 5pm, Monday to Friday or write in the box provided and bring this leaflet with you.

SOURCE

In compiling this information leaflet, a number of recognised professional bodies and accredited good practice guidelines have been used.

If you have a visual impairment, this leaflet can be made available in bigger print or on audiotape. If you require either of these options, please ring 0161 922 6426/7.

Language, Interpretation and Patient Support Service (LIPS):

If you require an interpreter to assist your appointment, please ask an appropriate family member to contact our central booking office between **Monday to Friday 8am to 5pm on 0161 922 6991** to arrange this for you.

語言翻譯及病者支持服務 (LIPS)

如果閣下需要翻譯員在您的預約當日幫助您的話 請找一名合適的家庭成員 **0161 922 6991** 聯絡本中央預約辦事處來您您安排 我們的辦公時間是星期一至星期五 上午 8 時至下午 5 時

Językowo Tłumaczeniowa Usługa Pomocy dla Pacjenta (Language, Interpretation and Patient Support Service LIPS):

Jeśli potrzebujesz pomocy tłumacza w trakcie swojej wizyty, proszę poprosić odpowiedniego członka rodziny o skontaktowanie się z Centralnym Biurem Zamówień (*Central Booking Office*), w celu zorganizowania tłumacza pomiędzy poniedziałkiem a piątkiem w godzinach od **08:00 - 17:00** pod numerem **0161 922 6991**.

لینگویج، انٹریٹیشن اینڈ پشٹ سپورٹ سروس (لپس) (Lips)

اگر آپ کو اپنی اپائنٹمنٹ کے لئے مترجم کی مدد کی ضرورت ہو تو براہ مہربانی اپنے خاندان کے کسی موزوں فرد سے کہیں کہ وہ ہمارے سنٹرل بنگ آفس سے پیر سے جمعہ 8.00 بجے صبح سے 5.00 بجے شام کے دوران 0161 922 6991 پر فون کر کے اس کا بندوبست کریں۔

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Department
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