

G.I. Exam

(Esophagus/Stomach and Small Bowel)

Gastrointestinal Exam

Your health care provider would like you to have a gastrointestinal (G.I.) exam. This exam shows your esophagus and stomach.

Your health care provider may also want X-rays of your small bowel (intestine).

During the exam you will drink barium (a chalky liquid). The barium will improve the X-rays of your:

- esophagus (a tube that passes food from your mouth to your stomach)
- stomach (an organ that receives and digests food)
- small intestine (a 20- to 25-foot long organ that absorbs nutrients and sends waste products to the large intestine).

Exam times vary.

What To Tell Your Health Care Provider

Tell your health care provider if you:

- have had a contrast reaction
- have any allergies to latex or medicine
- are breastfeeding, pregnant or think you may be pregnant
- **have diabetes** (Ask for an early morning appointment and talk with your health care provider about your medicine needs.)
- take any medicines. (Check with your health care provider see if you have special medicine instructions.)

Your Appointment

Location: _____

Date: _____

Time: _____ a.m. / p.m.

Plan to spend at least _____ minutes / hours at the facility.

Phone number: _____

If you need to cancel or reschedule, call at least 24 hours before your scheduled appointment.

Before the Exam

- Please follow any instructions you received from your health care provider.
- **For 8 hours before your exam, do not:**
 - eat or drink anything
 - smoke
 - chew gum.
- Bring a list of your medicines and doses with you to the hospital. Include all prescription, over-the-counter, vitamins, herbal or natural products.
- You will be taken to a room where you will change your clothes.
- The radiology staff will answer any questions you have about your exam.

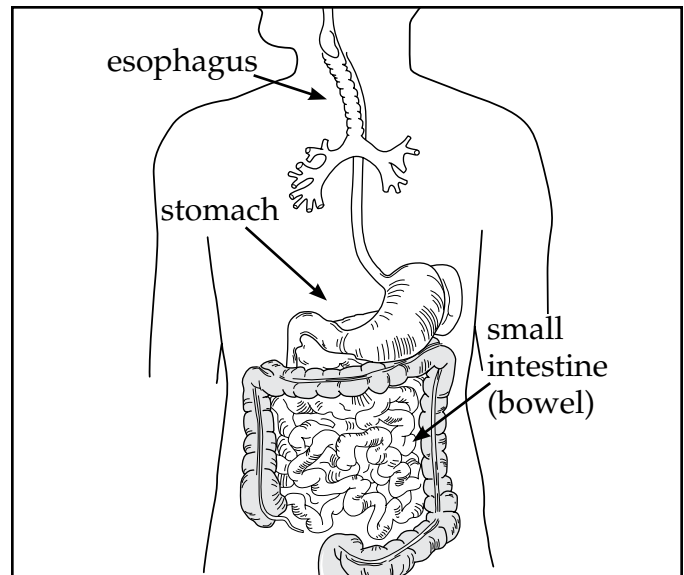
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During the Exam

- At the start of the exam, you will stand against the X-ray table.
- You will be asked to drink barium. The radiologist (doctor doing the exam) will then use an X-ray camera to take images of your esophagus and stomach.
- You will be asked to lie on the X-ray table and roll into different positions for the images.
- If X-rays of your small bowel are going to be taken, you may have to wait many hours to let the barium pass from the small intestine through to the colon. This is because the small intestine is 20 to 25 feet long.
 - More X-rays will be taken at timed intervals.
 - You will be asked to stay in the X-ray area during the entire exam. X-rays will be taken at different times, not all at once.

After the Exam

- Barium may cause constipation. If your health care provider says you are able, drink 8 to 10 glasses of water each day for the next 4 days. You may also take a laxative (such as milk of magnesia) if allowed by your health care provider.
- Resume your normal diet.
- Take your regular medicines as instructed by your health care provider.
- Return to an activity level that is comfortable for you.
- You may not have a “normal” bowel movement for 3 days. Your stools may be light in color.



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During a G.I. exam, your health care provider will look at your esophagus and stomach. He or she may also look at your small bowel (intestine).

Follow-up Results

- The radiologist will look at and interpret the X-rays.
- Your health care provider will receive the exam results. He or she will either talk with you about the results or mail you the results.

When To Call Your Health Care Provider

Drinking barium or receiving barium through an enema may cause severe constipation. It is important that you expel (get rid of) the barium. If the barium is not gone in 3 days, or if you have severe constipation, call your health care provider.