

# Care Gram

## Upper Gastrointestinal (UGI) Series

Welcome to the Licking Memorial Hospital (LMH) Radiology Department. Your doctor has requested an upper gastrointestinal (UGI) series. A UGI series looks at the upper and middle sections of the gastrointestinal (GI) tract. The upper GI tract contains the esophagus (food tube), stomach, and the duodenum (first part of the small intestine).

A radiologist (doctor with special training in diagnosis by X-ray) and a radiographer (specialist in taking images) will perform the test.

### How the Test Works

You will be asked to swallow sodium bicarbonate granules and barium sulfate so that the GI tract is easier to view. The radiologist then watches the movement of barium through your GI tract on a video monitor.

### Allowing Time

The test typically takes less than 30 minutes, but you should allow at least one hour.

### Preparing for the Test

- Do not eat or drink anything after midnight the night before the test.
- Do not take any medication until after your test.

### Your Role

1. Prepare for the test as instructed above.
2. Relax during the test. Drink when asked.
3. If you are pregnant or think you might be pregnant, let the radiologist know before the test begins.

### How to Register for the Test

Please report directly to the Registration area on the LMH First Floor. Bring your photo ID, insurance cards, and medication list. Please arrive 20 minutes prior to the start of your scheduled test.

### During the Test

- The radiographer will retrieve you from the waiting area. He or she will ask you to state your name and date-of-birth, and look at your arm bracelet.
- You will be asked to remove your clothing and wear a gown and robe. The radiographer will ask you a few health-related questions.



**Licking Memorial  
Health Systems**

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- You will stand with your back against the X-ray table.
- You will swallow sodium bicarbonate granules with a small amount of water. This will cause gas in your esophagus and stomach. It is important not to belch or burp.
- You will then drink barium, which is a milky white liquid. The radiologist uses a fluoroscope (a device used to view structures inside the body) to watch the barium go into the GI tract.
- The table will be placed in a flat position. You may be asked to drink more barium while lying down. You will be asked to turn from side to side, turn onto your stomach, and hold different positions.
- The radiologist will leave the room, then the radiographer may take a few more images, and you may be asked to drink more barium.
- The radiographer will verify all images for the radiologist to interpret.
- **If you are having a Small Bowel Follow-through after the UGI series, images will be taken every 30 minutes until barium reaches the first section of the colon. The average time frame for a Small Bowel Follow-through is 2 hours.**

### **After the Test**

The barium may make your stools appear somewhat white for 1 or 2 days. If you tend to get constipated, speak with your doctor. Drink plenty of fluids to help flush the barium out of your system. If you have limited fluids, please check with your doctor about how much to drink. You may eat a regular diet and resume medication after the test unless your doctor tells you otherwise.

### **Finding Out the Results**

The radiologist will study your images and give the findings to your doctor. Your doctor will talk with you about the results.

### **Reminder**

- If you have any questions regarding your test, please call (220) 564-4710.
- Report to the Registration area on the LMH First Floor 20 minutes prior to your test. Bring photo ID, insurance cards, and medication list.