

Paediatric Upper Gastro Intestinal Study (UGI)

Barium Swallow, Meal or Follow Through

What is a UGI Study and why is my child having one?

An Upper GI study is a test using x-ray dye to outline the upper part of the gastrointestinal tract, the oesophagus (food pipe), stomach and the small intestine.

This test is usually done to find the cause of problems such as swallowing difficulties, unexplained vomiting, nausea, abdominal discomfort, and severe indigestion. It can detect signs of problems such as ulcers, gastric reflux, hiatus hernia, or blockages or narrowing of the upper GI tract.

Who is in the room during this test?

- A doctor; a radiologist or radiology registrar (a fully qualified doctor who is specialising to become a radiologist)
- Medical Radiation Technologist/s (MRT)
- There may also be a student MRT assisting the MRT during the procedure.

Parents or caregivers are encouraged to stay in the room during this test. However if you think that you will find it too distressing to stay in the room there are places nearby that you may wait.

How do I prepare my child for a UGI test?

The most important preparation for your child is to **not** eat or drink before the study, as any food in the stomach can make the study inaccurate.

- Your child must have nothing to eat or drink six hours before their examination is completed.
- For breast or bottle fed babies, please miss their last feed (this usually means that they have had nothing to eat for at least four hours prior to the appointment)
- If your child has a feeding tube, do not use this to feed them for 4 hours before their appointment.

If your child does eat before the test, it will probably need to be rebooked.

For older children it can be a good idea to talk about the test and explain that they will be drinking from a straw while lying down on a special bed.

What happens before the test?

The friendly radiology staff will welcome you and your child into the room. Your belongings can be left safely in the changing room.

The MRT will show you the x-ray table and introduce you to the radiologist who will explain the test and answer any questions that you may have.

You will be asked to undress your child. A gown or blanket will be used to keep them covered.



The fluoroscopy room

What happens during a UGI?

The MRT will ask you to help position your child on the x-ray table; they will need to lie on their back, usually with their arms above their head.

During the procedure the MRT will be standing at the head end of the table holding your child's arms in the correct position.

This may be a little scary but the MRT is trained to hold firmly without hurting your child. It is very important that your child holds still and in the correct position throughout the test.

Once they are in the correct position, you will be asked to feed the x-ray dye to your child with a bottle or straw (the MRT will be able to do this if you prefer).

Don't worry if you think your child will struggle with this. The team has had plenty of practice and have a few tricks at getting the x-ray dye into the right place!

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How long does it take?

Usually the whole procedure will take around 30 minutes.

If this test has been ordered to investigate the small bowel it may take longer, and may take most of the day.

What happens afterwards?

You will be taken back into the changing room to dress your child.

If you have no further appointments that day you will be free to go home.

The x-ray dye will not interfere with any medicines your child is taking and no extra precautions need to be taken with dealing with their bodily fluids. The x-ray dye is NOT radioactive.

Please encourage your child to drink plenty of fluids after this test as Barium can cause constipation. Adding some extra fibre to their diet can also help.

As Barium is not digested it may cause your child to have white or pale faeces (poo) for a day or so after the test.

What are the risks of this test?

A UGI is generally considered to be a safe test

- Any new food or drink carries a small risk that your child may be allergic to one of the ingredients. The risk is considered very low for this procedure. If your child has any allergies, please inform the radiology staff on the day of your procedure.
- All x-ray examinations involve exposure to radiation in varying amounts. The length and level of exposure to radiation from x-rays in medical procedures is strictly controlled and kept to the minimum possible.

How do I find out the results?

The doctor will not be able to provide a result immediately.

They will study the images obtained, write a formal report and send the results to the doctor that referred you for this test. A copy will also be sent to your GP.

Results are usually available to your doctor within 2 weeks.

Where can I go to find more information?

If you have any further questions about Upper GI test contact the radiology admin team using the contact

details below and they will arrange for an MRT to call you back.

If you have questions about why your child is having this test, please discuss with your doctor.

Some useful website:

These are meant as a reference only. The information provided in this brochure is specific to Wellington Hospital and you must follow the instructions on this leaflet for this test.

<http://www.insideradiology.com.au>

1. Making your child's test or procedure less stressful – advice to help you and your family
2. Children's (Paediatric) Barium Meal

General

There are no lockable facilities in Radiology. We strongly recommend that any valuables are left at home.

Please be aware that CCDHB does not take responsibility for any loss or damage of personal property belonging to patients whilst on CCDHB premises

What is X-ray dye?

X-ray dye (or **contrast**) is the name for the liquid that shows up on x-rays. There are 2 types of contrast used commonly for a UGI study. The doctor performing the test will decide which contrast is best for each study.

Barium is a white chalky liquid that can be flavoured with strawberry or chocolate milkshake syrup (please let the MRT know if you would prefer them not to add flavouring).

Non Ionic Contrast is a clear liquid that is sweet, with a slightly bitter aftertaste.

Contact us

Phone: (04) 806 2193 ask for Fluoroscopy bookings

Hours: 8am-4pm, Monday to Friday

Fax: (04) 806 0301

Email: radiology.admin@ccdhb.org.nz