

## Your Barium Swallow/Meal/Follow-through Appointment

Diagnostic Imaging @ MB L2 (Mon – Fri, 8am – 6pm)

**Patient Particulars:**

**Appointment Date/Time:**

\_\_\_\_\_

**Estimated Fees for Outpatient:**

\_\_\_\_\_

**Note:**

- Please do not bring valuables or excess cash with you. Patients and visitors are responsible for personal belongings.
- No medical certificate can be issued for this appointment. Certificate of attendance will be given upon request.

Please arrive at least 15 mins before the appointed time to register and prepare for the procedure. We appreciate your understanding should an unforeseen delay occur due to medical exigencies. Kindly inform us if you are unable to keep to the scheduled appointment.

### Preparation Instructions for Patient

(Staff to  the appropriate boxes)

Please fast according to the stipulated timings below:

Duration of fast	Age Range
<input type="checkbox"/> Omit last feed	<input type="checkbox"/> < 1 year old
<input type="checkbox"/> 4 hours Fasting start time: _____	<input type="checkbox"/> 1 – 10 years old
<input type="checkbox"/> 6 hours Fasting start time: _____	<input type="checkbox"/> > 10 years old

*\*If appointment time is changed, please adjust fasting start time accordingly.*

- For fasting **diabetic patients**, please stop all diabetic medications (including insulin injections) on the day of scan.
- Avoid smoking on \_\_\_\_\_ (date).
- Other special instructions: \_\_\_\_\_

**Please bring this leaflet on the day of your appointment**

# Barium Swallow/Meal/Follow-through Water Soluble Contrast Meal/Follow-through

## Patient Information Leaflet

**National University Hospital**

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A member of the NUHS

**Barium** procedures are specialized x-ray procedures that help to visualize parts of the gastrointestinal tract.

The barium swallow procedure visualizes your oesophagus (gullet), the barium meal your stomach and the barium follow-through your small intestines.

### What to Expect During the Procedure

1. You will be asked to change into a hospital gown. A locker will be provided for your convenience. Please remove your underclothing and put on the gown provided.
2. An intravenous cannula may be inserted into one of the veins in your hand/arm and an injection may be given through it to relax your bowel just before the procedure. Alternatively an intramuscular injection may be given for the same purpose.
3. You will be asked to swallow some granules with a small amount of liquid. This will be followed by a drink containing barium sulphate. The radiologist will then proceed with the procedure with the aid of x-rays and monitor.
4. You will be placed on the x-ray couch which will be moving horizontally or vertically. The radiologist may require you to stand, turn and lie in various positions to better visualise the respective structures. You will be asked to hold your breath when the images are taken.
5. The procedure may take 1-2 hours, and up to 4 hours if a barium follow-through procedure is required.

### After The Procedure

To prevent constipation, you are advised to drink plenty of water and eat fruits and vegetables. You may feel some cramping discomfort after the procedure when the muscle relaxant wears out and the colon starts to contract.

You are advised not to drive on the day of your procedure as the injection given may cause temporary blurring of vision. .

### Important Points to Note

- Please inform us before your appointment date if you are allergic to buscopan or glucagon.
- Please also inform us if you have glaucoma (high pressures in the eye), prostate problems or heart disease
- Do inform your doctor if you are or suspect that you may be **pregnant**.
- For fasting diabetic patients, please **stop** all diabetic medications (including insulin injections) on the day of the procedure
- Avoid smoking 24 hours before the procedure.

### What Are the Risks

Barium swallow and meal are generally very safe procedures, but as with any medical procedure, complications such as perforation (a tear or a hole in the intestine) or allergic reactions may occur. These risks are very low and all necessary precautions are taken to minimize them. For any enquiries about the procedure, kindly approach any of our staff.

#### Should you have any queries or require further clarifications, please contact:

Department of Diagnostic Imaging  
Tel: (65) 6772 3700  
Fax: (65) 6779 5219  
Email: DDI\_enquiries@nuhs.edu.sg

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