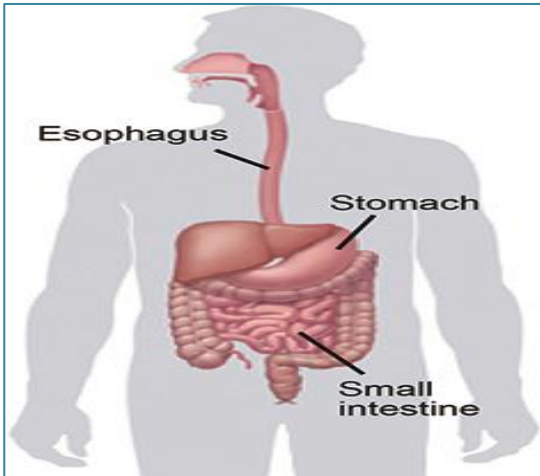


### QUICK FACTS:

- Upper G.I. with Small Bowel is an X-ray of the upper gastrointestinal tract and small intestine at work. This exam usually takes 2-3 hours or more.
- Your child will be awake throughout this exam.
- Your child can partake in normal activities and diet afterward.



### A LITTLE ABOUT OUR BODY:

- When we swallow food and liquids, they enter through our mouth, go down the esophagus, into the stomach, and pass through the small intestine. These three parts: esophagus, stomach, and small intestine make up the upper gastrointestinal tract. This is what the doctors will be looking at for this exam.
- This Upper G.I. with Small Bowel exam shows the doctors how the upper gastrointestinal tract (including the entire small intestine) is working by taking X-ray pictures while your child swallows and digests special liquid called barium.

### ABOUT THE UPPER G.I. EXAM:

- The goal of the exam is to take X-ray pictures of the upper gastrointestinal tract while your child is swallowing barium to see how the upper gastrointestinal tract (including the entire small intestine) is working. Barium is used because of its ability to show up well on X-ray pictures.
- Your child will be asked to lie down on a bed while drinking the liquid barium. \*\*If your child is older, or tall, they may be standing while drinking instead.
- As your child drinks, the barium will begin to pass through the upper gastrointestinal tract. X-ray pictures will be taken as the liquid is digested and moving through the tract.
- Your child will be asked to roll from side to side while the X-ray pictures are being taken.
- After these initial pictures, the barium needs to be digested and move through your child's upper gastrointestinal tract. Walking around the area and talking about food will help your child's body digest.
- Pictures will be taken every 15, 30, or 60 minutes after that, depending on how your child's body is digesting.
- Once the barium has passed through the tract, and the Radiologist feels as though they have seen enough of the tract at work, the exam is complete.



### WORDS TO KNOW:

- Upper Gastrointestinal Tract: Esophagus, stomach, and small intestine make up this tract. See image above left.
- Barium: Thick, chalky, liquid contrast. It is thick like a milkshake or a smoothie. Barium shows up white on X-ray images.

## PARENT/ GUARDIAN'S ROLE DURING EXAM:

- Parents and guardians are welcome to be present during exam to support their child.
  - Due to use of radiation, women who believe there is a possibility they may be pregnant or are pregnant will not be allowed in room while X-ray is being used. These women may be with their child during times when radiation will not be used.
- Medical staff will instruct parents/guardians on where to stand while in the room to help the exam run smoothly.
- Parents/guardians are encouraged to help their child relax and keep calm during the exam.
- Parents/guardians are also a great help when encouraging the child to swallow liquid barium.
- Parents/guardians will be critical in helping the digestion of barium by encouraging their child to walk around, and also encouraging conversation about food.



## PEOPLE YOU MAY MEET:

- Nurse (RN)
- Radiology Technologist
- Radiologist
- Child Life Specialist\*

\*Child Life is available depending on your child's appointment time, needs, and developmental level.

## WHY UPPER G.I.?

- An Upper G.I. with Small Bowel is used to help 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, hiatal hernia, or blockages or narrowing of the upper gastrointestinal tract.

## AFTER THE EXAM:

- After an Upper G.I. with Small Bowel, your child can resume normal activities and diet.
- Your child's bowel movements may look white for the next few days due to the barium. This is normal, and your child should drink plenty of liquids to help their bowel movements return to normal.
- Your child may have some minor constipation, drinking plenty of liquids will help this as well.

## ADDITIONAL INFO:

- This informational sheet is to provide basic knowledge of an Upper G.I. exam. Exam experiences may vary depending on your child's age or developmental level.
- Your nurse for the exam will explain the exam in detail, so please feel free to ask questions if needed. We as a hospital team are here to support both you and your child throughout your experience.