

# TESTfacts

An Educational Health Series From National Jewish Health®



## The Upper GI (GI Series) Study

### What is an UGI Study?

Your doctor has suggested you have an Upper GI as part of your evaluation at National Jewish Health. The UGI is a study that is completed in radiology and is sometimes known as a GI series. The test evaluates the stomach. This will help your doctor identify possible problems and the best treatment. This study also involves the drinking of barium much like the barium swallow/esophagram study.

### How do you get ready for the test?

- ✓ **Adults – Do not eat or drink for 8 hours prior to procedure.** That is nothing by mouth for 8 hours. Give medicines at the regular times with a small sip of water.
- ✓ **Children –** No solid foods 6 hours prior to the procedure. A clear liquid diet anytime prior to the procedure is fine. Give medicine if necessary at the regular times with small sip of water.
- ✓ **Infants – Do not eat or drink 4 hours prior to procedure.** Your child should be thirsty and ready to drink upon arrival for the barium swallow study. Bring a special cup or sippy cup your child likes to use. If your child drinks best from a bottle, bring a bottle.
- ✓ Wear clothing that you can remove from the waist up. You will be given a gown to wear.
- ✓ The Upper GI uses x-rays and anyone who is pregnant cannot be in the room during the x-ray.

### What happens during an Upper GI Study?

Before the study you/your child will need to remove all clothing and jewelry from the waist up. You will be given a hospital gown to wear. The study is completed in a radiology (x-ray/fluoroscopy) room. If a child is having the Upper GI, a family member or caregiver will be encouraged to stay in the x-ray room to make it easier for the child. The radiologist or radiology practitioner assistant (RPA) operates the fluoroscopy equipment and takes

## REGISTER NOW

to Receive **FREE** Health  
Tips, Research Findings,  
Ways to Support Our  
Mission, News &  
More in Your E-Mail Box

Visit [njhealth.org/e-news](http://njhealth.org/e-news)  
for more information.

## Follow us online!

**facebook**

[facebook.com/NJHealth](http://facebook.com/NJHealth)

**YouTube**

[youtube.com/NationalJewish](http://youtube.com/NationalJewish)

**twitter**

[twitter.com/njhealth](http://twitter.com/njhealth)

images of the stomach and provides a medical diagnosis for your physician. You/your child will be asked to drink 1 to 2 cups of barium. The barium is a contrast material that makes liquids show up on the image screen as gray or black. You/your child will drink the barium while standing up and while lying down. If you have any questions or don't understand the instructions please ask.

#### **What does barium taste like?**

Barium is heavy and has a chalky taste. Children and adults may dislike the taste. Children under 12 months often like the taste of barium.

#### **What should you do after the test?**

Barium rarely causes any problems. It passes through the digestive system. Drink extra fluids for 12 to 24 hours after the study. If your/your child becomes constipated after the study, drink more liquids and eat more fruit. If the constipation continues, talk with your doctor.

#### **How long will the test take?**

The UGI study will take about 30 minutes. Some of the time is taken preparing for the study.

#### **How do you get to your appointment?**

Your appointment is in the Institute for Advanced Biomedical Imaging (Radiology). You will be directed where to go when you check-in. If you have any questions you can contact Advanced Biomedical Imaging (Radiology) at 303-398-1611.