



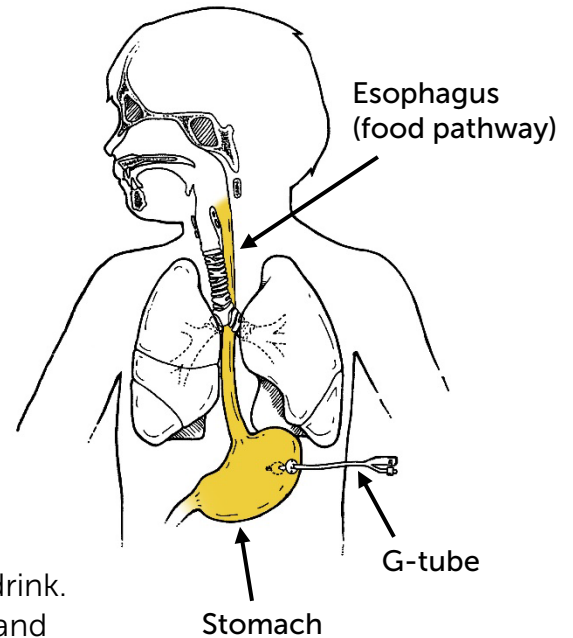
## Upper Gastrointestinal (UGI) Instructions

### What is an upper gastrointestinal (UGI) exam?

An upper gastrointestinal (UGI) is an X-ray exam of the esophagus and stomach. The esophagus connects the nose and mouth to the stomach.

### What happens during a UGI?

- A child life specialist may be available to help prepare, distract and support your child. Child life specialists help ease fears and anxieties that some children have during their hospital visits.
- A parent or guardian can stay with their child during the exam.
- Your child will lie on the X-ray table.
- Your child will be given barium, a thick, white liquid to drink. The barium causes the X-ray images of the esophagus and stomach to appear for the radiologist.
- The barium will be put in a cup or bottle for your child to drink. If your child has a gastrostomy tube (G-tube) or gastrostomy button, it will be used.
- X-ray images will be taken.
- This exam lasts approximately 45 minutes.



### Follow these fasting instructions prior to the UGI:

- **Infants** (0 to 12 months): no milk, liquids or solids four hours before the exam
- **Toddlers** (13 to 36 months): no milk, liquids or solids six hours before the exam
- **Children** (37 months and older): no milk, liquids or solids eight hours before the exam
- Give all medicine at the regular time unless the doctor or nurse tells you differently.

### What happens after a UGI?

- Increase fluids such as water or fruit juices for 24 hours after the exam to prevent constipation.
- Your child's stool may appear chalky for a few days after the UGI exam due to the barium.

If your child is ill (fever, cough, flu, etc.), please cancel or reschedule your child's appointment. If you have any questions or concerns about this procedure, please call 214-559-8572.