



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.

If your child is ill (fever, cough, flu, etc.) please call Radiology scheduling at 214-559-8572.

What happens during a UGI?

1. A certified 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.
2. Your child will lie on the X-ray table.
3. Your child will be given barium, a thick, white liquid to drink. Barium coats the inside lining of the esophagus and stomach and makes them show up more clearly on X-rays.
4. The barium will be given by mouth with a bottle or cup or by g-tube if your child has a gastrostomy button.
5. X-ray images will then be taken.
6. This exam takes approximately 45 minutes.

Is there preparation for a UGI?

- Please refer to the following recommendations:
 - **Infants** (0-12 months): no milk, liquids or solids four hours before the exam
 - **Toddlers** (12-36 months): no milk, liquids or solids six hours before the exam
 - **Children** (36 months and older): no milk, liquids or solids eight hours before the exam
 - Give all medicine at the regular time unless otherwise directed by a Radiology nurse.

What happens after a UGI?

- Increase fluids for 24 hours after the exam to prevent constipation. (For example, water or fruit juices.)

Please call 214-559-8572 if you need to cancel or reschedule your child's appointment or if you have any questions or concerns about this procedure.