



HOSPITALS • RESEARCH • FOUNDATION



UPPER GI (UGI)

What is an Upper GI (UGI)?

A UGI is an x-ray exam that makes pictures of your child's esophagus (the tube between the mouth and stomach), stomach and duodenum (first part of the small bowel) after drinking contrast.

If your child's doctor has also ordered a small bowel follow-through exam this will look at the entire small bowel. With the additional small bowel follow through, the exam will take more time (4 hours or more) depending on how fast the contrast moves through the small bowel. This exam is done under fluoroscopy, an exam that takes live real time moving images.

What do I do before the exam?

- Your child's doctor will give you special instructions to prepare your child for the exam. Be sure to follow them carefully or the exam may not be able to be done.
- Your child's age will determine how long they need to go without food and drink prior to their test.
 - 2 years of age or younger - no food or drink 4 hours prior to the exam
 - Over 2 years of age - no food or drink 8 hours prior to exam

How are the pictures taken?

- Radiology staff will bring your child and you into the x-ray room.
- Your child will be asked to change into a hospital gown (to keep their clothes clean) and be helped onto the x-ray table.
- The technologist will take a picture of your child's abdomen.
- Your child will be given barium to drink. Barium is a white fruit-flavored liquid, which shows up white or black on x-ray pictures. The barium can be flavored with chocolate or strawberry syrup, fruit punch.
- Your child will lie down on a special table while they drink the barium. They may be asked to roll from side to side or lay on their belly. A camera will move over the child (like a tunnel) to take pictures but will not touch him or her.
- The exam can take 45 minutes. If a small bowel follow-through exam is done, it could take about 4 hours or possibly more depending on requests of the radiologist.

Who performs the exam?

A radiologic technologist is licensed and trained to take these special pictures, and a pediatric radiologist (doctor specially trained in children's x-rays) and/or a radiology assistant, will move the camera over your child while taking pictures.

How do I get the results?

- A pediatric radiologist, a doctor specially trained in children's x-rays, will look at the pictures and send a report to your child's doctor.
- Results will also be available within 72 hours in MyChart. Please see our front desk staff to get signed up for MyChart.

NOTE: A parent/guardian will be allowed to accompany the child into the exam room; other arrangements should be made for siblings and other children. Women who are pregnant, or may be pregnant, will be asked to leave the exam room during the procedure. Please make sure that there is someone else available to accompany the child during the exam, if needed.

- After the exam, your child may eat as usual unless your child's doctor tells you not to give them anything, or he/she is scheduled for another exam in which they should not eat.
- Your child may still have some white barium in their stool for 2 or 3 days. Do not be alarmed.
- Barium may cause constipation (no stools or hard stools). If your child has not had a bowel movement after 2 days, contact your doctor's office for advice.

Because the radiation from this test could possibly harm an unborn child, female patients age 10 and above will be required to take a pregnancy test before the exam can be performed.

Do I need to bring anything for the exam?

- If your child has a G-Button, please bring the connecting tubing that you use.
- If your child uses a particular nipple on their bottle, please bring that with you.

PREPARING MY CHILD

Infants

Although you cannot explain the test to your baby, you can help him/her feel more secure during the exam if you:

- Bring a special blanket, toy or pacifier.
- Comfort them with your presence and calm voice.
- Bring along a bottle of juice, formula or breast milk to feed him/her after the exam is complete.



Toddlers and preschool-age children

Young children can become anxious about having a test done, so the best time to talk with your child is right before the test.

- On the day of the exam, tell your child that he/she will be having some “pictures” taken, so that the doctor can help them feel better.
- Use simple words and be honest.
- When you come to the hospital, bring a favorite book, toy or blanket.
- You may bring a snack for after the exam.

School-age children

School-age children have good imaginations and may scare themselves by imagining something much worse than the actual test.

- One or two days before the test, tell your child that he/she is going to the hospital to have some “pictures” taken so that the doctor can help them feel better.
- Use simple words. Be honest. Explain exactly what will happen.
- When you come to the hospital, bring along a favorite book, toy or handheld game.
- You may bring a snack for after the exam.

NOTE: A parent/guardian will be allowed to accompany the child into the exam room; other arrangements should be made for siblings and other children. Women who are pregnant, or may be pregnant, will be asked to leave the exam room during the procedure. Please make sure that there is someone else available to accompany the child during the exam, if needed.

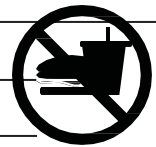
Photographs/Videos

The privacy of our patients and staff is important to us. No photographs or videos are allowed. Please turn off your cell phone before entering the x-ray exam room. Thank you for respecting the privacy of others.

PATIENT NAME: _____

APPOINTMENT DATE: _____ TIME: _____

PATIENT PREPARATION/SPECIAL INSTRUCTIONS: _____



Radiology Department at Arkansas Children's Hospital
(501) 364-4912 • Monday - Friday, 7:30 a.m. - 8 p.m.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency room right away. This is general information and is not specific medical advice for your child. Always consult your child's doctor or other healthcare provider if you have any questions or concerns about the care or health of your child.