



# GHADIALI

## General Surgery

### P R E S E N T S

Dr. Mufa T. Ghadiali is skilled in all aspects of General Surgery.  
His General Surgery Services include:

- General Surgery
- Advanced Laparoscopic Surgery
- Surgical Oncology
- Gastrointestinal Surgery
- Hernia Surgery
- Endoscopy

## Barium Swallow

Multimedia Health Education

### *Disclaimer*

This film is an educational resource only and should not be used to make a decision on **Barium Swallow**. All such decisions must be made in consultation with a physician or licensed healthcare provider.

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## MULTIMEDIA HEALTH EDUCATION MANUAL

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## INTRODUCTION

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#### Unit 1:

#### Introduction

### What is a Barium Swallow?

A barium swallow is a radiographic (X-ray) examination of the upper gastrointestinal (GI) tract.

The test may be used to determine the cause of

- Painful swallowing
- Difficulty with swallowing
- Abdominal pain
- Bloodstained vomit, or
- Unexplained weight loss

(Refer fig. 1)

### Why is Barium used with X-rays?

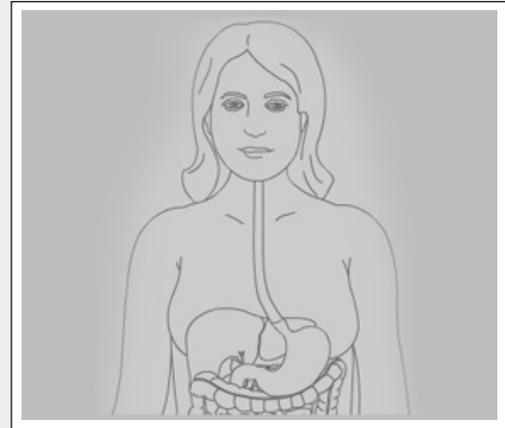
Barium sulfate is a metallic compound that shows up on X-ray and is used to help see abnormalities in the esophagus and stomach.

When taking a barium swallow test, you will be asked to drink a preparation containing this solution. Barium is a dry, white, chalky, metallic powder that is mixed with water to make a thick, milkshake-like drink.

The X-rays track the barium as it moves through your digestive system. Barium is an X-ray absorber that appears white on X-ray film.

When swallowed, the barium solution coats the inside walls of the pharynx and esophagus and shows differences that might not be seen on standard X-rays. Barium is used only for diagnostic studies of the GI tract.

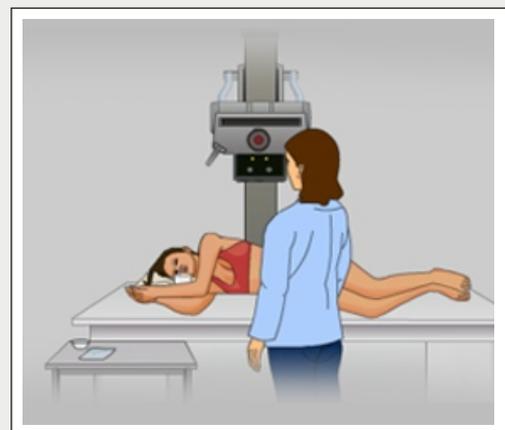
(Refer fig. 2 & 3)



(Fig.1)



(Fig.2)



(Fig.3)

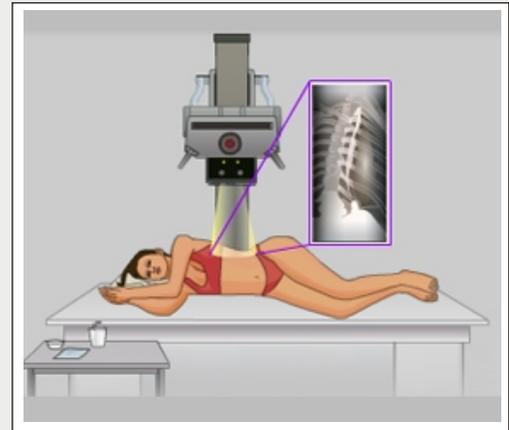
### Why is Barium Swallow Test Performed?

A barium swallow may be performed to diagnose structural or functional abnormalities of the pharynx and esophagus.

These abnormalities may include, but are not limited to, the following:

- Disorders of swallowing
- Narrowing or irritation of the esophagus
- Hiatal hernia
- Abnormally enlarged veins in the esophagus that cause bleeding
- Ulcers
- Tumors
- Polyps (growths that are usually not cancerous, but could be precancerous)

(Refer fig. 4)



(Fig.4)

## How is a Barium Swallow Test Performed?

### Before the Procedure :

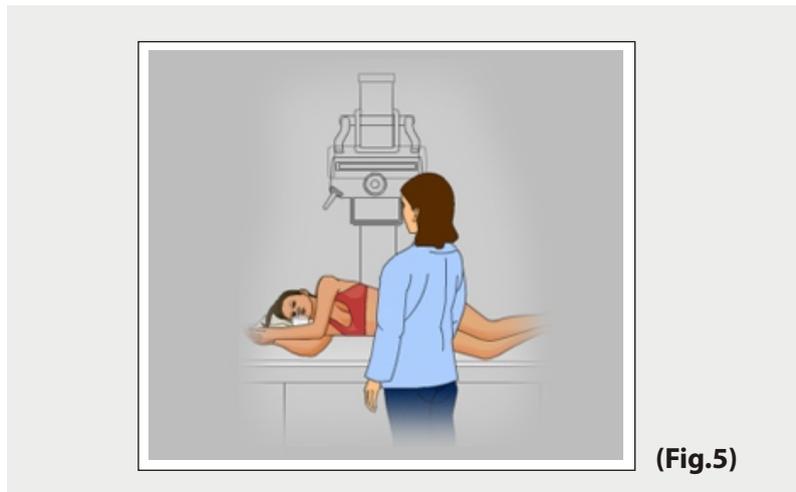
- You will be asked to fast for eight hours before the procedure, generally after midnight.
- If you are pregnant or suspect that you may be pregnant, you should notify your physician.
- Notify your physician if you are sensitive to or are allergic to any medications, latex, tape, or anesthetic agents.
- Notify the radiologist if you have had a recent barium X-ray or cholangiography procedure, as this may interfere with obtaining an optimal X-ray exposure of the upper GI area.

(Refer fig. 5)

### During the Procedure:

- You will be asked to remove any clothing, jewelry, or other objects that may interfere with the procedure.
- You will be positioned on an X-ray table that can tilt you from a horizontal to an upright position. You may also be asked to change positions at intervals during the procedure.
- Standard chest and abdominal X-rays may be performed first.
- The radiologist will ask you to drink about 1 1/2 cups of a barium preparation—a chalky drink with the consistency of a milk shake.
- X-rays will be taken again as the barium moves through the digestive system. You will be asked to take more swallows so more pictures can be taken.
- As the barium moves down your digestive system, the table will be tilted at various angles to help spread the barium for different views. Pressure may be applied to your abdomen to spread the barium.
- The barium swallow procedure can take anywhere from 30-60 minutes to finish.

(Refer fig. 6)



(Fig.5)



(Fig.6)

#### After the Procedure:

- You can resume your normal diet after going home unless you are advised otherwise by your doctor.
- Because the barium is white, your stools will be chalky and light-colored for 1-3 days. Do not be concerned about this.
- You should drink lots of fluids to help flush the barium from your system and to prevent constipation.
- Eating foods with lots of roughage and fiber such as raw fruits and raw vegetables will also help in preventing constipation from the barium solution.

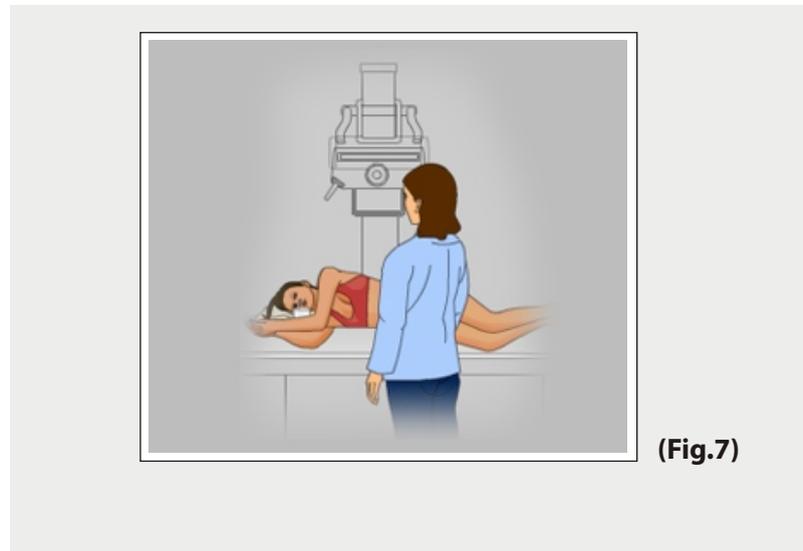
#### What are the Risks?

A barium swallow is generally a safe test, but like any procedure, there are occasionally complications. Your doctor should be advised of problems so you can be treated right away.

Following are some of the general complications:

- Allergic reaction or anaphylaxis may occur in people who are allergic to the barium drink.
- If you are pregnant or suspect that you may be pregnant, you should notify your physician. Radiation exposure during pregnancy may lead to birth defects.
- Constipation or fecal impaction may occur if the barium is not completely eliminated from the body.

*(Refer fig. 7)*



**(Fig.7)**

Although every effort is made to educate you on BARIUM SWALLOW and take control, there will be specific information that will not be discussed. Talk to your doctor or health care provider about any concerns you have about BARIUM SWALLOW.

**YOUR SURGERY DATE**

**READ YOUR BOOK AND MATERIAL**

**VIEW YOUR VIDEO /CD / DVD / WEBSITE**

**PRE - HABILITATION**

**ARRANGE FOR BLOOD**

**MEDICAL CHECK UP**

**ADVANCE MEDICAL DIRECTIVE**

**PRE - ADMISSION TESTING**

**FAMILY SUPPORT REVIEW**

**Physician's Name :** \_\_\_\_\_

**Patient's Name :** \_\_\_\_\_

**Physician's Signature:** \_\_\_\_\_

**Patient's Signature:** \_\_\_\_\_

**Date :** \_\_\_\_\_

**Date :** \_\_\_\_\_