



NAVAL HOSPITAL LEMOORE
RADIOLOGY DEPARTMENT
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Upper GI Instruction Sheet

Name: _____ Date: _____ Time: _____

For information, to reschedule or to cancel your appointment, please call the Radiology Department between the hours of 8:00 AM to 4:00 PM. Monday through Friday.

The night before the examination: Eat a normal evening meal but try to avoid dairy products and heavily fried or fatty foods.

Midnight: Eat or drink nothing after this time.

The morning of the examination: **DO NOT EAT** or **DRINK** anything and do not **SMOKE** any cigarettes. When you brush your teeth try not to swallow any water.

* If you are on medication that requires an empty stomach, take them with minimal amount of water.

* If you are on medication that requires a full stomach, wait until after the examination.

* If you are insulin dependent diabetic, please consult your primary care provider (PCM) **PRIOR** to the exam and bring something.

After the Exam: You may eat or drink immediately following the exam, however it is very important to drink plenty of fluids and avoid anything that may dehydrate or constipate you.

The Barium is an inert element that will pass through the digestive tract unchanged but if you don't stay well hydrated it can cause you to be constipated. If fluids alone don't help you have a bowel movement you may want to try a mild laxative such as Milk of Magnesia or mineral oil.

If you have abdominal pain and or become constipated please contact your PCM for further care.

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