

# Paediatric barium meal

## What is a barium meal?

A barium meal is a radiographic examination of the upper gastrointestinal tract, and may include oesophagus, stomach, duodenum and small bowel.

A barium procedure studies different functions, which includes the form and function of the oesophagus, stomach and small bowel. Barium is a white, chalky mixture mixed with water designed to coat the lining and folds within the stomach.

## What preparation is required?

**Your child will need to fast for four hours prior to the procedure.**

Your child may need to remove their upper garments and change into a hospital gown. Please bring a change of underclothes and your child's favourite toy.

## What is involved?

Your child will be given a bottle containing flavoured barium to swallow. X-ray images will be taken as the child swallows the mixture and also of the stomach.

## Are there any side effects?

Some children may experience an upset stomach or constipation following the procedure when required to drink barium. It is important to encourage your child to drink plenty of fluids following the procedure to help wash the barium through the stomach and bowel.

## How long will this take?

A barium meal procedure will take approximately 10 - 15 minutes.

## How do I get my results?

Digital images are immediately available to your doctor and your records will be kept permanently. This occurs through a system called PACS. **If a priority report is requested it will be issued within two hours and faxed or emailed to your doctor, however this can sometimes take up to 24 hours.**

If your referring doctor wants to see you on the day of your examination, please advise the reception staff when you arrive for your appointment, so the appropriate information can be made available for you to take to your doctor.

## How much will this cost?

Please ask reception staff of the cost involved at the time of booking your appointment.

## Important

**It is important to let us know when you make your booking if you are or think you may be pregnant or are breastfeeding.**

It is important to bring with you your referral, previous x-rays and any other tests (only if previous ones were **not** done at Cabrini or I-MED).

## Questions

For more information or to make an appointment, please contact Cabrini Medical Imaging using the number below.