

## Barium Meal

A Barium Meal x-ray will allow the radiologist to clearly view the stomach and digestive tract.

### Preparation

Please fast for 6-8 hours prior to this procedure.

If you have diabetes or glaucoma, please inform us before your appointment.

Please let us know what medication you take when making your appointment and our doctor will advise you on whether you should or should not take medication before the procedure.

### Procedure

At the time of the procedure you will be asked to drink a glass of white, chalky liquid, known as barium. This liquid temporarily coats the lining of the stomach so that it shows up clearly on the x-ray.

You may also be asked to take a bitter mixture which produces gas in the stomach. This gas helps to fill the stomach and make the picture clearer.

It is important to try not to burp in order to hold the gas in your stomach while the picture is taken.

The radiologist will ask you to lie in several different positions and ask you to hold your breath while taking the x-rays.

If the procedure proves too uncomfortable, an injection of Buscopan or Glucagon may be administered to relax the muscles.

### How long will the procedure take?

The barium meal procedure can take up to 30 minutes depending on the amount of information required.

If a small bowel follow-through series is required these may take up to 4 hours. This is to allow the barium to pass through the entire length of the small intestine. Please advise staff if this is required when booking your appointment.

### After the procedure

After the procedure it is important to drink a lot of fluid and return to your normal diet. Your bowel motions will be white for approximately two days following the procedure.

The radiologist will examine the films and write a report to your doctor.

Please contact your referring doctor to discuss the results.

### Remember

You will need to fast for 6-8 hours prior to this procedure.

PLEASE BRING ANY PREVIOUS X-RAYS OR SCANS WITH YOU ON THE DAY OF YOUR EXAMINATION.

CONFIRM ANY PREPARATION REQUIRED WITH STAFF WHEN MAKING YOUR APPOINTMENT.

**Putting People in the Picture**

[www.centralcoastradiology.com.au](http://www.centralcoastradiology.com.au)

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# Your doctor may request to go filmless

**With the growing use of digital imaging, Ultrascan Radiology is giving doctors the opportunity to not receive hard copy films and to replace them with electronic reports and images – in other words, go “filmless”.**

If your referring doctor elects to go “filmless,” once you have completed your medical imaging examination, you will no longer have to wait for x-ray films. The images will be sent electronically to your doctor’s computer together with a report from our Radiologist.

If you require films in the future, all films are stored digitally and can be requested at anytime with 24 hour notice.

BARIUM MEAL IS PERFORMED AT OUR ERINA,  
KANWAL & BRISBANE WATERS CLINICS

## Central Coast Radiology & Nuclear Medicine clinics

### Erina

194 The Entrance Road, Erina 2250  
Ph: 4365 1866 | Fax: 4365 1814

### Long Jetty

4/13-15 Thompson Street, Long Jetty 2261  
Ph: 4332 5532 | Fax: 4332 6262

### Brisbane Waters

21 Vidler Avenue, Woy Woy 2256  
(in Brisbane Waters Private Hospital)  
Radiology: Ph: 4343 1066 | Fax: 4344 2171  
Nuclear Medicine: Ph: 4342 2061 | Fax: 4342 7681

### Gosford (Nuclear Medicine)

99-101 Holden Street, Gosford 2250  
Ph: 4323 1844 | Fax: 4323 1261

### Kanwal

654 Pacific Highway, Kanwal 2259  
(in the Medical Complex at Wyong Hospital)  
Radiology: Ph: 4393 0200 | Fax: 4393 0201  
Nuclear Medicine: Ph: 4393 1000 | Fax: 4393 2111

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