

UPPER GI STUDIES



What are upper GI studies?

Upper GI studies are x-rays of your child or youth's upper GI (gastro-intestinal) system. Your child or youth will need to drink barium during the test so that the stomach and intestines (bowels) will show up on the X-ray. An ESD & FT (follow through) study means that the exam will also include all of your child or youth's small bowel.

An ESD study is an exam of the:

- esophagus (the tube from the mouth to the stomach)
- stomach
- duodenum (the first part of the small bowel or intestine)

How do I prepare my child or youth for these tests?

Babies six months and under:

- nothing to eat or drink for six hours before the test

Children and youth:

- nothing to eat or drink after midnight, the night before the test
- no breakfast

What will happen during the upper GI study?

The ESD study will take about 30 or 40 minutes. For this X-ray:

- your child or youth will need to wear a hospital gown
- while your child is lying down, they will drink barium (a white liquid that shows up on an X-ray) through a straw
- the radiologist will take X-rays as your child drinks
- your child will be asked to roll from side to side or onto their stomach to get pictures from all angles

If your child needs the FT (x-rays of the small bowel):

- we will ask them to drink more barium
- we will take more X-rays every 15-30 minutes, until the barium reaches a certain point in the small bowel
- it can take 1-4 hours to finish this test

How can I help during the test?

You can stay with your child during the x-ray, but you will need to wear a lead coat. Pregnant women should not be in the X-ray room when we are taking pictures.

Bring books, music or a favourite toy to help pass the time.

What happens when we get home?

- Your child or youth can go back to a regular diet and activities.
- Over the next few days, your child's stools (poop) may look white in colour. This is OK. Barium will cause constipation, so give your child extra fluids to prevent this.

Questions?

CHEO GI/GU Department

Monday to Friday, 8:30 a.m. - 4:30 p.m.

613-737-7600 ext. 2300

Our appointment

Date: _____

Time: _____

Where: Diagnostic imaging/radiology, main floor



Need more information?

[Cheo.on.ca](http://cheo.on.ca) is the best place to find information on CHEO's programs and services and learn about a variety of health topics for children and youth. Visit our online resource section to access CHEO-recommended websites, books, apps, videos and more!

Have you registered for MyChart?

MyChart is a **FREE** secure, online patient portal that connects patients to parts of their CHEO electronic health record, anywhere, at any time.

To apply for MyChart access, visit cheo.on.ca/mychart and fill out the MyChart access request form. Once your application has been approved, we'll send you an email with an activation code and instructions on how

