

**SALMANIYA MEDICAL  
COMPLEX**

**DEPARTMENT OF  
RADIOLOGY**



**Having a Barium  
Meal**

**Your Guide  
To The Procedure**

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Your doctor has requested that we should perform a Barium Meal examination on you. We hope this leaflet will answer some of the questions that you may have.

**WHAT IS A BARIUM MEAL?**

Barium - a white liquid is given to you as a drink to examine the esophagus, stomach and duodenum. In order to get three dimensional views of the stomach and duodenum you will be asked to swallow some fizzy granules or powder, which will give you a little wind. It will be necessary for you to move around on a fairly hard X-ray table in order for the barium to coat the stomach and duodenum. Your position on the table will be adjusted while the Radiologist, an X-ray doctor, watches a TV monitor. Every time a picture is taken you will be asked to hold your breath. During the procedure you may be given an injection in the arm. This injection helps to relax the stomach, but may give you slight blurring of vision which will clear within 30 minutes. This injection may adversely affect some patients with glaucoma.

***IF YOU SUFFER FROM GLAUCOMA  
PLEASE INFORM THE STAFF PRIOR  
TO THE PROCEDURE.***

**HOW LONG DOES IT TAKE?**

The length of time actually spent in the X-ray room will probably be no longer than 15 minutes. You should be ready to go home after about 30 minutes.

**WILL IT HURT?**

You should not feel any pain during the procedure, but may feel bloated as mentioned above.

**ARE THERE ANY AFTER EFFECTS?**

It may take a day or two days before your normal bowel habit returns. This is normal and is encouraged by drinking plenty of fluids and eating your normal diet.

**CAN I DRIVE HOME?**

Yes. However if you have had an injection we suggest that you do not drive for about 30 minutes.

**HOW WILL I GET THE RESULTS?**

Although all the films taken during the procedure are checked before you leave the department, the Radiologist will need to study them closely before making any comments. Once the Radiologist has made his report, it will be typed and sent to X-ray office within one week. CPR must be shown when receiving X-rays results.

**WHAT IS THE PROCEDURE ONCE I  
HAVE REPORTED TO THE  
RADIOLOGY DEPARTMENT  
RECEPTION?**

You will be asked to take a seat in the reception waiting area. From here you will be shown to a cubicle and asked to undress in private, to take off all items of clothing, and to put on a white gown.

Assistance can be given if you need it.

We recommend the removal of any jewellery and spectacles to prevent their possible damage when you are moving about on the X-ray table. You will be called into the X-ray room for the examination with as little delay as possible. However, as each patient's problem varies some variations in timing are inevitable. Once the barium meal has been completed you will be told when you can dress and you may leave when you are ready.

#### **WHAT STAFF WILL I SEE WITHIN THE RADIOLOGY DEPARTMENT?**

You will be greeted the reception desk by a Radiographer or Reception clerk. They will be pleased to answer any queries you may have before proceeding with the Barium Meal. Within the X-ray room will be a team of X-ray staff including a Radiologist and Radiographers.

#### **WHAT ARE THE RISKS OF RADIATION THAT I SHOULD BE AWARE OF?**

With the modern equipment the radiation dose is minimal. The staff working in this environment are constantly monitored, as the equipment. There are very strict working practices by which we are legally obliged to abide. We can assure you that all safeguards are taken.

However, if there is any possibility that you may be pregnant please inform us before attending for your appointment.

#### **INSTRUCTIONS AND DIETARY PREPARATION:**

Eat a fiber-free diet the day before your exam. Avoid fresh fruits, salads and bran as these are all high in fibre. Fibre swells in the gut, adds bulk to the stomach contents and requires more effort to clean from the digestive tract.

If your appointment is in the morning, do not to eat or drink anything after 10 PM, the night before the examination.

If your appointment is in the afternoon you may eat a light, fiber-free breakfast, but do not eat or drink anything after 8 AM.

#### **DO I NEED TO FOLLOW THE PREPARATION EXACTLY?**

Yes. It is essential for the stomach to be completely empty so that the examination can be performed successfully. If essential medicine has to be taken, bring them with you so that you can take them immediately after the procedure has finished.

If in doubt contact us for advice.

#### **CAN I EAT AND DRINK NORMALLY AFTERWARDS?**

You can return to a normal diet without delay.

#### **ARE YOU A DIABETIC?**

We try to give diabetic patients early morning appointment, but unfortunately we are not always aware of the patients full medical history.

#### ***Is your diabetes controlled by:***

**DIET ALONE:** – Standard regimen.

**TABLETS:** - Half the normal dose the night before.

- Nil by mouth from midnight.
- Omit morning dose take normal dose with the first meal after the examination.

**INSULIN:** - Nil by mouth from midnight.

- Omit morning dose. Bring morning

insulin and breakfast to the department to be given immediately after the examination.

#### **SPECIAL DIETS:**

**If you have any queries concerning special diets, please contact the Dietician, via the Switchboard, on Tel. 17288888**

*Comment may be sent to:*

***Radiology Department, SMC, PO Box 12, MoH - Manama, Bahrain.***

***Tel. 17284005 - 17285538 - 17285018 – 17284084 (24 hours)***

***[www.health.gov.bh](http://www.health.gov.bh)***