

## Upper Gastrointestinal Study Preparation Instructions

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_

### What to expect for this test:

- This study is done to evaluate your esophagus and stomach.
- You will drink x-ray contrast (barium or gastrografin), gas crystals, and a barium tablet (if necessary)
- You will alternate between standing and laying on a table.
- The study takes about 10-15 minutes.
- You should wear loose clothing without buttons, zippers, or any metal fixtures/closures.
- Any clothing with metal on it will have to be removed for the study.

### One day prior to the study:

- **Do not** eat or drink anything after midnight (12am)

### Day of the study:

- You may take your regular morning medications (ask your doctor about your diabetes medications) the morning of the study, with a small sip of water.