

## INSTRUCTIONS FOR X-RAY EXAMINATIONS FOR ADULTS

Your doctor has requested this special X-ray study for you. In order to have a useful exam, it is important that you follow these instructions as completely and carefully as possible. If you are under 18 years of age, a parent or legal guardian must accompany you.

1. **Barium Swallow/Esophagus, Upper GI, Small Bowel:**

- A. Nothing to eat or drink from 10 p.m. the night before the exam until the exam is over the next morning. Do NOT eat or drink the morning of the examination.

\*\*Please take your usual daily medications with as little water as possible.

2. **Barium Enema or intravenous Pyelogram (IVP):**

**If you are pregnant or think you are pregnant, have allergies or are diabetic, please consult your physician before using the prep.**

- A. Two days prior to your examination you should remain on a low residue diet. The following foods are suggested:

Clear soups, chicken, liver, broiled or boiled fish, lean beef, boiled or scrambled eggs, cottage cheese, apple sauce, peaches, banana, fruit juices, strained or baby vegetables, boiled or mashed potatoes, rice, spaghetti, white bread, jello, one pint of milk, coffee, tea or carbonated beverages.

- B. On the day prior to your examination, you should remain on a soft liquid diet. The following foods are suggested:

Soups, apple sauce, fruit juices, jello, coffee, tea or carbonated beverages, skim milk.

- C. Between 1 and 5 p.m. the day before your examination, drink two full glasses of water.

- D. At 6 p.m. drink one full glass of water.

- E. At 7 p.m. take 1 bottle of citrate of magnesium.

- F. Between 10 and 12 midnight, drink two full glasses of water.

- G. You may drink a glass of water or clear fruit juice the morning of your examination.

- H. It is most important that warm tap water enemas be taken until fluid runs clear, on the morning of the examination.

**Supplies Needed: 1 bottle of Citrate of Magnesium and 1 enema set up – available in most pharmacies.**

3. **Voiding Cystogram, Arthrogram:** No special preparation.

4. **Hysterosalpingogram:**

- A. Do not take any aspirin within 24 hours of examination.

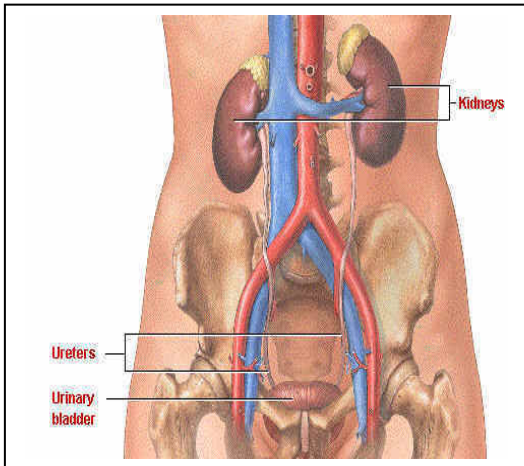
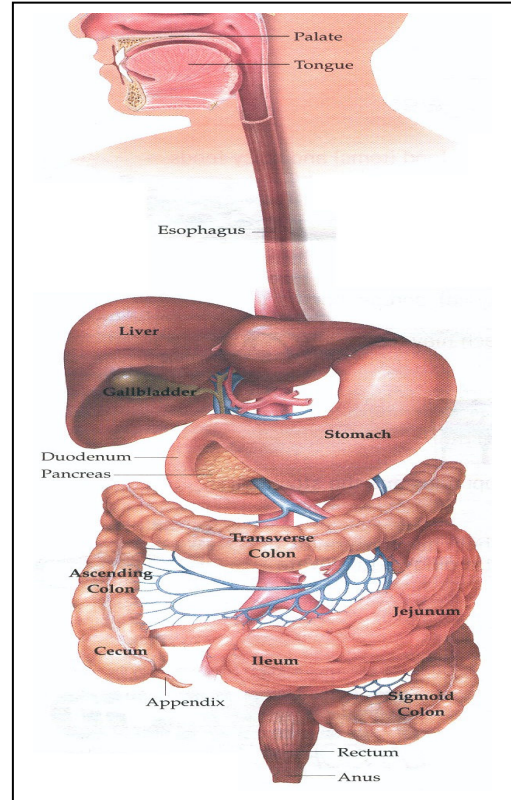
- B. Please arrive one-half hour prior to your scheduled appointment, with your written serum pregnancy result if this was done at your doctor's office. Please arrive one hour prior to your appointment if you need to have a serum pregnancy test done at the hospital laboratory.

- C. Arrange for someone to drive you home from the hospital.

## PATIENT INFORMATION

**Esophagus, Upper GI, Small Bowel Study:** In this test, you will be given a liquid to drink, and the radiologist will watch under the fluoroscope as it passes through your system. You will be in the department for approximately 2-3 hours for a small bowel study.

**Barium Enema:** In this 1 ½ hour test, the radiologist will watch your colon under the fluoroscope as it fills with barium. The cleaner your colon, the more comfortable the exam.



**Intravenous Pyelogram:** You will be given some medication in a vein that will collect in your kidneys and bladder, at which time X-rays will be taken. This test takes approximately 2 hours.

**Voiding Cystogram:** A small catheter will be placed into the bladder and then the bladder will be filled with dye and pictures will be taken during the 1 ½ hour test.

### Results and Billing:

You will receive **TWO** bills for your X-ray exam: ONE from the hospital to cover the costs for the X-ray technologist, supplies, equipment and facilities; and ONE from the radiologist (Physician Professional Management Cooperation -PPMC). The radiologist's bill is his/her professional fee for the interpretation of your X-rays and the written and oral consultation with your doctor. In order for a hospital to be accredited, ALL X-rays must be interpreted by a radiologist.

Please call the department of Diagnostic Imaging at (603) 595-3071, if you have any questions.