The Aroostook Medical Center would like you to have the best possible experience while you are in our care. Therefore, we have compiled information for you regarding your procedure. The following information has been provided in order to best serve you by making this process as effortless as possible. If you need further information or if there is anything we can do for you, please call 768-4216 or 768-4294.

**Hours:** 7:00 a.m. – 11:00 p.m. (walk-ins). Inpatient and emergency services are available 24 hours a day, seven days a week, 365 days a year.

**Prep:**

**Day before exam:**
Nothing to eat or drink after midnight.

**Day of exam:**
Nothing to eat or drink the day of the appointment until your exam is finished.

Prep time: 8 hours.
Exam time: 30 minutes. Please allow time for registration, check-in, and some wait time.

**The procedure:** You will stand against an upright x-ray table, and a fluoroscopic screen is placed in front of you. You will then be asked to drink from a cup of flavored barium sulfate, a thick liquid that allows the radiologist to see the digestive tract, while the radiologist views the esophagus, stomach, and duodenum on the fluoroscopic screen. You will be asked to change positions frequently in order to coat the entire surface of the gastrointestinal tract with barium. The technologist or radiologist may press on your abdomen in order to spread the barium.

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**Procedure: Upper Gastrointestinal Series (Upper GI)**

Patient Name: ____________________________
Date of Appointment: _______________________
Time of Appointment: _______________________

**Basic procedure information:** An Upper GI Series is an x-ray exam of the esophagus, stomach, and small intestine. An upper GI series is frequently requested when someone experiences unexplained symptoms of abdominal pain, difficulty in swallowing (dysphagia), regurgitation (vomiting), diarrhea, or weight loss. It is used to help diagnose disorders and diseases of, or related to, the upper gastrointestinal tract, including cases of hiatal hernia, diverticuli, ulcers, tumors, obstruction, enteritis, gastroesophageal reflux disease, Crohn’s disease, and pulmonary aspiration.
Precautions: Certain procedures are not recommended for women who are pregnant unless in the event of an emergency. Please notify your technician if you think you are pregnant so they can accommodate you.

Post Exam: The barium you drank for the exam can cause constipation. In order to avoid constipation, we suggest that you follow these instructions:

1. Drink plenty of water over the next 24 hours. A 12 oz. glass of water every couple of hours is recommended.
2. Take milk of magnesia before your next meal. This will make your stools loose but it will keep you from getting constipated from any remaining barium.

Getting your results: After your procedure, the report will be sent to your provider for review. Only the provider who ordered the test will receive the results. The results are available within 48 hours, so please check with the provider who ordered the test after that timeframe to inquire about the results. Any other questions regarding the results should be directed to your provider.

Directions to A. R. Gould Memorial Hospital:
Take Academy St. at the traffic light and drive up the hill. At the crest of the hill, A. R. Gould Memorial Hospital is on the right. Turn right into the East Entrance and park in the first parking area on your right. This is the closest parking area to the Main Entrance.

If traveling from the Easton area, turn left into the East Entrance and park in the first parking area on your right. This is the closest parking area to the Main Entrance. Please stop at the Guest Relations desk to be registered.