



Mater Misericordiae University Hospital

## Preparing for your barium meal and swallow study

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**Please read carefully as this examination cannot be carried out if you are not properly prepared.**

You must fast from midnight the night before your examination.

Do not eat or drink anything including water on the morning of your examination.

**Do not smoke on the morning of your examination.**

Please note you will be required to change into a hospital gown for this examination. You can bring your own dressing gown to wear over the hospital gown if you wish. You will be asked to drink a white fluid called Barium. This outlines the stomach and intestine. You may also be given a small injection to relax the bowel. You will then have a series of x-rays taken. This examination may take up to half an hour. After the examination you will be able to eat and drink normally. You should drink plenty of fluids to help clear the bowel of barium.

If you are a lady of childbearing age this procedure must be carried out within the first 28 days of your cycle. If there is any possibility that you may be pregnant please inform us immediately on receipt of this appointment.

If you are unable to attend or if you have any further queries please contact the secretary on (01) 8056211.