

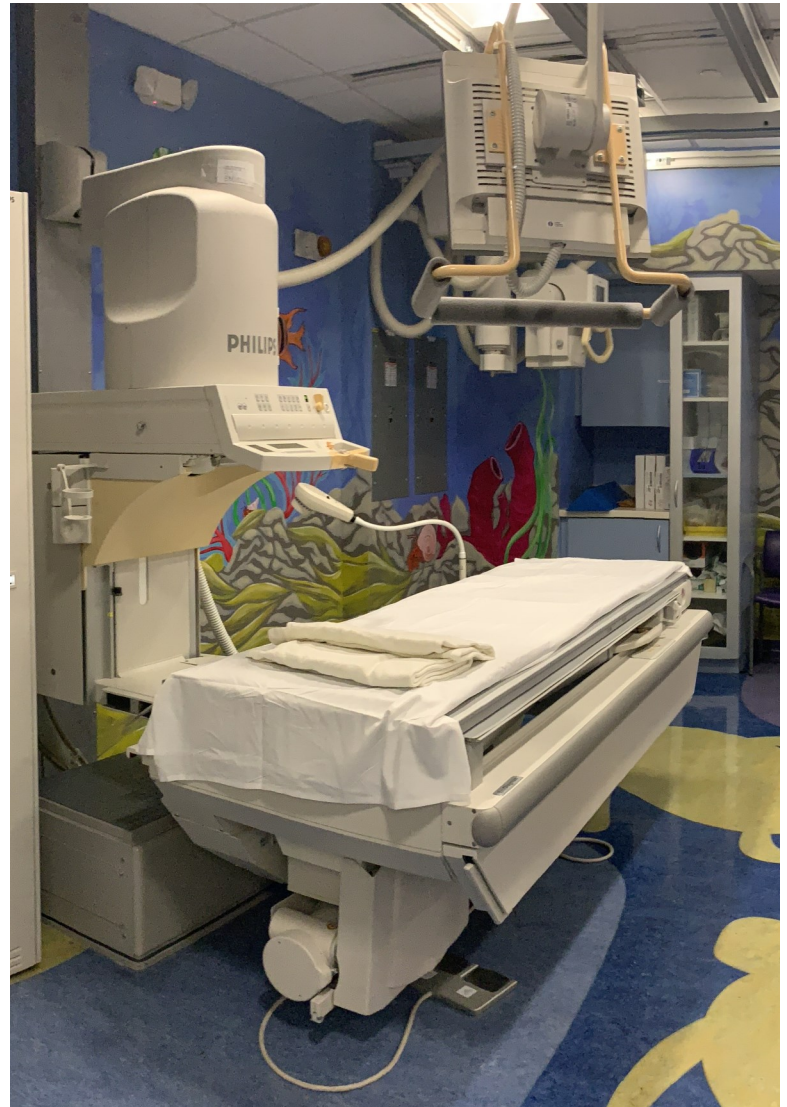
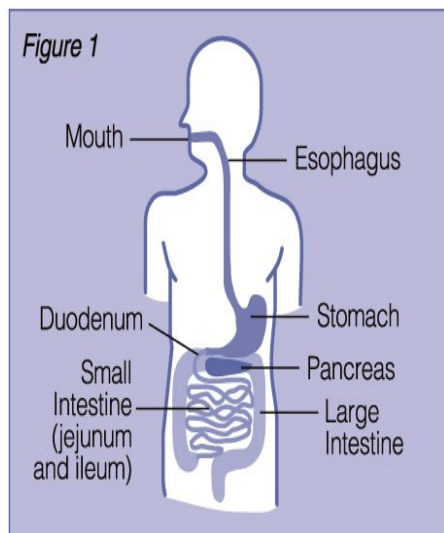
UGI and UGISB

(Upper Gastrointestinal Series
With or Without Small Bowel Follow Through)

What is a UGI and UGISB?

Note: Child-friendly language in green.

- A UGI is a study of your child's esophagus, stomach, and the first part of his/her small intestine (the duodenum).
- A UGISB is a study of your child's stomach, entire small intestine, and the first part of his/her large intestine.
- A UGI or UGISB uses a kind of x-ray (fluoroscopy) and special liquid (contrast) to see inside your child's body.



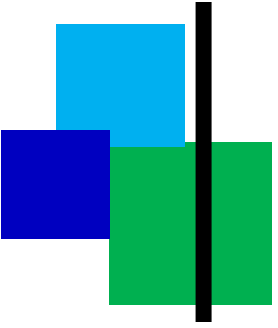
Fluoroscopy Room

Why is it done?

- This study shows the structure of your child's esophagus, stomach, and intestines, as well as how they are working.
- This study examines your child's anatomy and checks for possible gastroesophageal (GE) reflux or other digestive disorders.

What can I do to help my child?

- Child life specialists are available to help your child better understand and cope with the scan.
- Parents/caregivers are also encouraged to be with their child during the scan, though there are some exceptions. Women who may be pregnant cannot be in the fluoroscopy room during the procedure.
- Please ask a staff member for more information about these options for support!



What should I expect during the procedure?

A UGI takes about 30 minutes and is done in two stages.

A UGISB takes between 1-5 hours and is done in three stages.

Stage 1: Getting ready

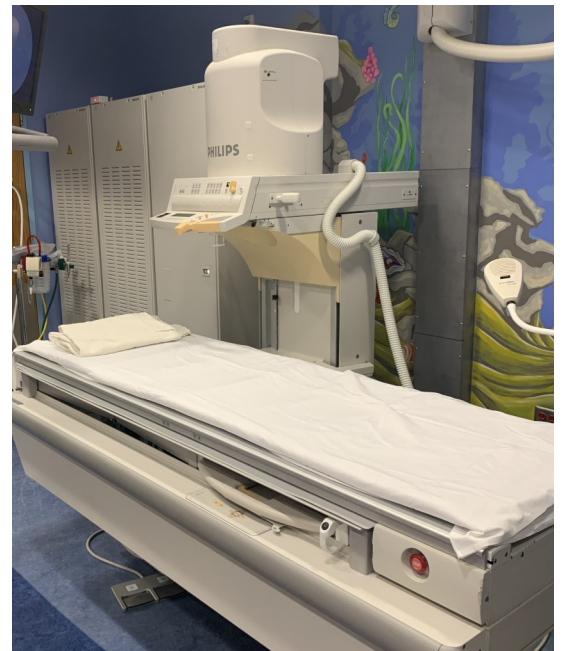
- First, the staff will ask you some general questions about your child's health and give him/her a hospital gown (special picture outfit) to change into.
- Next, the technologist (person who helps take the pictures) will help your child lie down on the camera bed and will take the first x-ray picture (warm-up picture) of his/her abdomen (belly).
- Next, the technologist will give your child contrast (picture medicine) to drink during the pictures. The radiologist (picture doctor) will then move a large camera above your child and begin taking pictures while he/she child drinks. The technologist may help your child drink from a bottle, cup with a straw, or syringe, depending upon what works best for your child.

Stage 2: Pictures

- The technologist will help your child turn from side to side while lying down under the camera so that the doctor can take pictures of both sides of the body.
- A UGI is over when the contrast reaches the first part of the small intestine (the duodenum). This can take up to 30 minutes, but your child only needs to drink when the doctor asks him/her to do so.

Stage 3: More pictures after a waiting period (UGISB ONLY)

- For a UGISB, your child will be asked to drink more contrast after the initial images. Then, he/she will have an x-ray taken every 15-30 minutes to track the contrast's progress until it reaches the first part of the large intestine.
- A UGISB can take between 1-5 hours, depending on how quickly your child's digestive system processes the contrast.



Fluoroscopy Room

Tips for preparing your child for a UGI or UGISB



A child life specialist (CLS) can help support your child for his/her procedure by explaining it in developmentally appropriate language and suggesting possible coping strategies. If you would like to speak to a CLS before your appointment, see back for contact information.

Infants (0-12 months old):

- Remember you are the biggest comfort to your child. Your presence will help him/her feel as safe and secure as possible.
- If you are prepared mentally and physically, you will be more relaxed around your child.
- Bring familiar objects that comfort your child, such as a favorite blanket, toy, or pacifier.
- Remember that children use many different ways to cope. Crying is a healthy and normal way for children to cope because it allows them to express their emotions.


Toddlers (1-3 years old):

- Begin preparing your child the day before.
- Use simple words to describe what your child may experience.
- Tell your child that pictures will be taken so that the doctor can learn more about his/her body.
- Reassure your child that you will be close.
- Bring comfort items with you that help your child feel safe, such as a favorite toy or blanket.
- Toddlers are learning to be independent and make their own choices; offer them realistic choices. For example, “Which stuffed animal should we bring?”

Preschoolers (3-5 years old):

- Begin preparing your child about 1-3 days in advance.
- Talk to your child about why he/she is having pictures taken. For example, “The doctor wants to take special pictures of your belly.”
- Use simple words to describe what your child may experience. For example, “You will be lying on a bed and be asked to drink picture medicine that helps the pictures to be clear.”
- Encourage your child to ask questions.

School Age and Up (6 years old and Up):

- Prepare your child at least a few days in advance.
 - Talk to your child about why the doctor wants to take special pictures of inside his/her body. For example, for younger children, “So the doctor can learn more about how your body works.” For older children, “So the doctor can learn about your digestive system.”
 - Explain to your child what he/she might see, hear, and feel in the order things will occur. Use child-friendly and/or real terms depending on your child’s age/preference.
 - Talk to your child about different ways to cope. Some children like to know everything that is happening; others want to direct their attention elsewhere. Remind them that either way is okay.
 - Encourage your child/teen to ask questions.
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Child Life

Children's National Hospital Department of Radiology is staffed with Certified Child Life Specialists. Child life specialists are trained to address the emotional and developmental needs of children and their families during healthcare experiences and can provide procedural preparation and support before and during your child's exam.

Contact Information

If you would like to speak to a child life specialist before your child's radiology appointment, please call **(202) 476-3338** or email **childliferadiology@childrensnational.org**.

Created by Children's National Child Life Services