

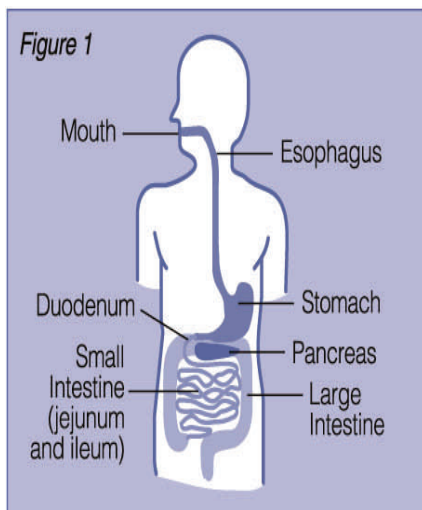
UGI and UGISB

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

What is a UGI and UGISB?

Note: Child-friendly language in blue.

- A UGI is a study of your child's esophagus, stomach and the first part of their small intestine called the duodenum.
- A UGISB is a study of your child's stomach, entire small intestine and the first part of their large intestine.
- A UGI or UGISB uses a kind of X-ray called fluoroscopy and special liquid called barium to help see inside of your child's body.



Patient in Fluoroscopy Room in Hospital Gown

Why is it done?

- This study will show the structure of your child's esophagus, stomach and intestines, and how they are working.
- This study examines your child's anatomy and checks for possible gastroesophageal (GE) reflux, or other digestive disorders.
- Reflux occurs when food or digestive juice from the stomach flows back towards the esophagus.

What can I do to help my child?

- Parents/caregivers are strongly encouraged to stay with their child throughout the entire procedure whenever possible. Women who may be pregnant cannot be in the scanner room during the UGI or UGISB. In these cases, another trusted adult is encouraged to stay with the child during this time.



What should I expect during the procedure?

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

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

Stage 1: Getting ready

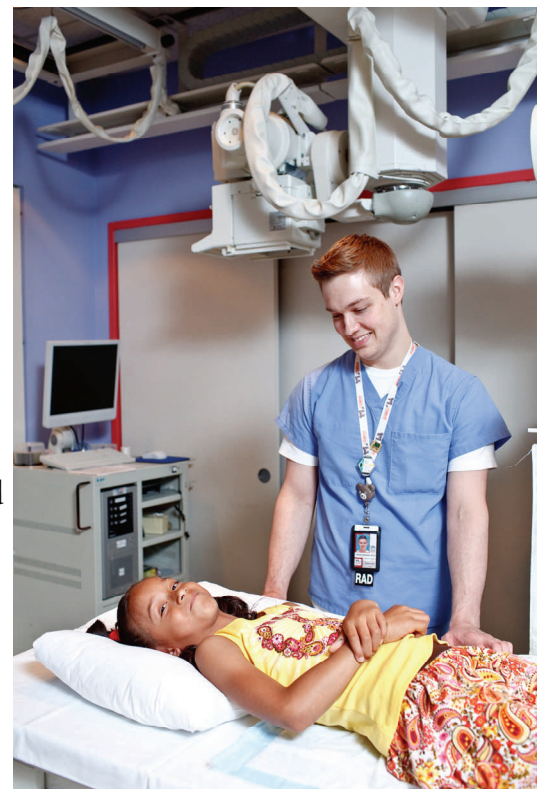
- First, your child will change into a hospital gown and lie down on the X-ray bed.
- Then, a technologist (person who helps take the pictures) will take the first X-ray picture (warm-up picture) of your child's abdomen (belly).
- Next, the technologist will give your child liquid barium (white milkshake) to drink during the pictures. The radiologist (picture doctor) will then move a large camera above your child, and begin taking pictures while your child drinks.
 - * The barium may be flavored to help your child drink—watermelon, apple, grape, orange creamsicle, peaches and cream, or strawberries and cream.
 - * Your child can choose to drink it from a bottle, cup, straw or a syringe without a needle.

Stage 2: Pictures

- Your child will be helped to turn from side to side while laying down under the camera so the doctor can take pictures of both sides of the body.
- A UGI is over when the barium reaches the first part of the small intestine called the duodenum.
 - * This can take up to 30 minutes, but your child only needs to drink when the doctor asks him or her to take a sip or gulp.

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

- For a UGISB, your child will be asked to drink more of the barium continuously, and will have an X-ray taken every 15-30 minutes to track the barium's progress until it reaches the first part of the large intestine. Additional pictures will be taken.
- A UGISB can take between 1-5 hours, depending on how quickly your child's digestive system processes the barium.
- After all the picture are taken, you can help your child wash and get dressed.
- Depending on your child's diagnosis stages two and three may be reversed.
- Results will be sent to your doctor in 1-2 business days.



Technologist and Patient in Fluoroscopy Room

Tips for preparing your child for a UGI or UGISB



Infants (0-12 months old):

- Remember you are the most important thing to your child. Your presence will help them feel as safe and secure as possible.
- Take care of yourself too. 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 they will have some pictures taken so the doctor can learn more about his or her body.
- Reassure your child that you will be close and that the special, big camera will not touch him or her.
- Bring comfort items with you that help your child feel safe, such as a favorite bottle, cup, toy or blanket.
- Toddlers are learning to be independent and make their own choices; offer them realistic choices. For example, “What cup would you like to bring to drink out of?”

Preschoolers (3-5 years old):

- Begin preparing your child about 1-3 days in advance.
- Talk to your child about why they are 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 a special milkshake that helps the pictures to be clear.”
- Talk with your child about how they will need to drink while lying down. Reassure them that the big, special camera will not touch or hurt them.
- 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 or her body. For example, for a younger child, “So the doctor can learn more about how your body works.” For an older child, “So the doctor can learn about your digestive system.”
 - Explain to your child what he or she might, see, hear and feel, in the order things will occur, using child-friendly and/or real terms depending on your child’s age and preference.
 - Talk to your child about different ways to cope. Some children like to know everything that is happening, and some want to direct their attention elsewhere. Remind them that either way is okay.
 - Encourage your child/teen to ask questions.
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My questions for the Radiology staff ...

- 1.
- 2.
- 3.
- 4.
- 5.

Child Life

Children's National Medical Center Department of Radiology is staffed with two full-time Child Life Specialists at Children's National Medical Center Main Campus, and one full-time Child Life Specialist at Children's National Imaging Montgomery County Regional Outpatient Center. 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.

Phone Numbers

- If you would like to speak to a Child Life Specialist before your child's Radiology appointment at Children's National Medical Center Main Campus, please call **202-476-3338**.
- If you would like to speak to a Child Life Specialist before your child's Radiology appointment at Children's National Imaging Montgomery County Regional Outpatient Center, please call **301-765-5727**.
- For more information about hospital-wide Child Life Services at Children's National Medical Center, please call **202-476-3070**.

Children's National Medical Center supports the Image Gently campaign and strives to keep radiation exposure to our patients as low as possible. For more information on this campaign, please visit www.imagegently.org

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