

What to expect from a barium meal X-ray

The information listed below is only a guide; you will be advised of specific details when making your appointment.

This X-ray examination is designed to check the oesophagus and stomach. It needs to be performed on an empty stomach.

You will be given a fluid to drink, together with an effervescent mixture, which will show up in your oesophagus and stomach under X-ray.

It is important that you read the following instructions carefully and follow them closely. Failure to do so may result in having to repeat the procedure.

Note: If you have had a previous examination relating to this examination at another provider, please inform the booking team as we need to acquire those images for comparison.

Prior to your appointment

1. **Please do not eat or drink anything for 6 hours prior to your appointment.**
2. Continue to take all prescribed medication as usual and bring a list of any medications you are currently taking to your appointment.
3. Please let us know, prior to your appointment, if you are a diabetic.

On arrival

1. You should allow approximately 45 minutes for this procedure.
2. **Bring your referral form from your doctor or referrer.**
3. **Please make sure you arrive at least 10 minutes before your scheduled appointment time.**

After procedure

The result of your X-ray will be sent to your doctor as soon as possible.

If you have any questions regarding your appointment, **please do not hesitate to call us on 09 630 3324 or 0800 497 297.** We look forward to seeing you.