



# DIAGNOSTIC IMAGING PATIENT INSTRUCTIONS

## ESOPHOGRAM

Patient: \_\_\_\_\_ Appointment Date: \_\_\_\_\_

Appointment Time: \_\_\_\_\_ am/pm

Location: Diagnostic Imaging Department, lower level at Mankato Clinic  
1230 East Main Street, Mankato, MN 56001  
Please enter the Mankato Clinic front door (marked #50)

### **Please check in at the Diagnostic Imaging Department.**

If you are unable to keep your appointment or have questions, please call (507) 389-8570.

### **What is an Esophogram:**

An esophogram is a test that evaluates your upper digestive tract by utilizing a liquid barium mixture that you will drink while taking x-ray images of this area.

### **How do I prepare for the test:**

- We recommend that you contact your insurance company prior to your appointment to understand what your coverage is for this test.
- Do not eat or drink anything or chew gum after the evening meal the day before your test.
- Water may be taken in moderate amounts until midnight. For the test to be successful, your stomach must be empty.
- Do not smoke during this time.
- You may brush your teeth, but avoid swallowing any water.
- If you wear a glucose monitor, you will be required to remove it prior to your scan for your own safety. If appropriate, you may request to have your scan scheduled to coordinate with the next replacement date of your monitor.
- To provide our best services and safety practices to you during your visit, we respectfully ask that young children do not attend parental appointments and we appreciate your understanding.

### **What will happen during the test:**

- This test itself usually takes less than an hour. It is wise, though, to allow more time for your entire visit.
- For this test, you will be asked to remove your clothing and wear a gown.
- You will be positioned behind a piece of equipment called a fluoroscope.
- A cup containing a liquid barium mixture will be given to you to drink. This liquid allows your digestive tract to be visualized.
- Using the fluoroscope, the radiologist can watch the barium flow into your digestive tract. The table against which you are standing will then be automatically tilted, carrying you to a horizontal position. You will then be asked to turn from side to side and to hold several different positions. At times, some pressure may be applied to your abdomen, and the table may be tilted slightly.
- From time to time, you will be asked to remain perfectly still and to hold your breathing so the x-rays can be taken.
- After the radiologist has taken x-rays of selected areas, the technologist will position another piece of equipment over you to take x-rays of your entire upper digestive tract.
- You'll wait while the radiologist examines the x-rays to make sure they contain all the necessary information. Occasionally, more x-rays will be needed.

### **Instructions for after your test:**

- The barium may color your stools slightly white for the next day or two. If you have a tendency to be constipated, you may want to ask your health care provider to prescribe a laxative. You can resume your regular diet immediately after the test, unless told otherwise by your provider.
- Your test will be reviewed and read by a Radiologist.
- Your test results will be available in your patient portal immediately after your provider reviews them. Your provider will discuss the results with you at your follow-up appointment. If you do not have a follow-up appointment, your provider will contact you by letter or phone within five to seven business days.