

## Upper Gastrointestinal (Upper GI): A Parent's Guide

### What is an Upper GI?

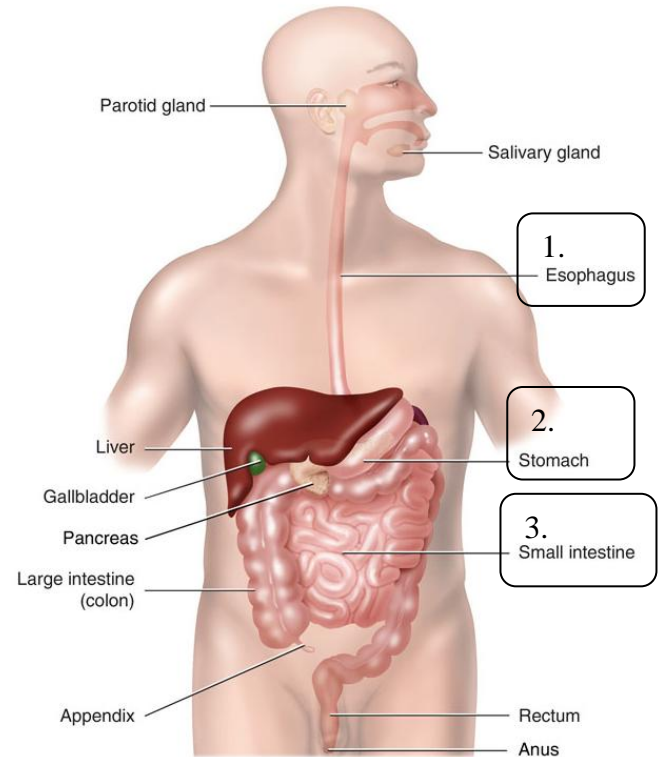
An Upper GI is a test that takes pictures of your digestive system (1. esophagus, 2. stomach, and 3. small intestine).

**Planning Ahead:** If you plan to go into the test room with your child, please bring another adult with you to watch your children. Visiting children must stay in the waiting room and may not be left unattended.

### What will happen during the test?

- A staff member will bring you and your child into the room where you will be able to stay. If you are pregnant, you will need to leave the room when x-rays are being taken.
- Your child will need to change and put on a hospital gown.
- The radiology tech will ask your child to lay down on the x-ray bed to take a picture.
- While your child is lying down the Radiologist will have your child drink contrast, which is a thick white liquid from a bottle or a cup with a straw depending on the age.
- The radiologist will take pictures with the fluoroscope camera as your child drinks the contrast. The contrast will help the doctor to see how it travels through your child's digestive system. The pictures can be seen on a TV screen in the room.
- The radiologist may ask your child to go walk around and return at a later time for one last picture. Your child may then change back in to his/her clothes.

### Digestive System



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### How you can help your child?

- Explain to your child why the test is needed and what will happen during the test using simple words that are familiar between you and your child.
- Follow any instructions (i.e. about food or liquids) given by the doctor that asked for test.
- Be honest with your child about the test.
- Give praise and support to your child during the test (say “good job holding still”, hold your child’s hand, and acknowledge his /her feelings).
- Ask questions to make sure you have all of the information you need to be prepared and best support your child.

### GLOSSARY:

Digestive system-Part of the body food goes through to get from the mouth to stomach

Contrast-liquid used to better see pictures of the inside of the body

Radiology tech- person who takes pictures of the body

Fluoroscope- camera used to see moving pictures of the inside of the body

Radiologist – doctor taking and reviewing pictures from exam

**Call 323.361.7675 to ask for a Child Life Specialist  
who can talk to your child about the test or give support.**