



Procedure Information Sheet - Contrast Swallow Contrast Meal and Contrast Follow Through

Visit No.: Dept.:
Name: Sex/Age:
Doc. No.: Adm. Date:
Attn. Dr.:

Page No:

01	02	03	04	05	06	07	08	09
+10	+20	+30	+40	+50	+60	+70	+80	+90

Patient No.: PN

*Please fill in /
affix patient's label*

Introduction

Contrast Swallow, Contrast Meal and Contrast Follow Through are the common imaging techniques for the investigation of oesophagus, stomach and small bowel respectively with the use of contrast medium under real-time fluoroscopy. Depending on each examination and different patient conditions, you are required to drink different portions of contrast media in order to outline your gastrointestinal tract under X-ray.

Preparation

1. You are required to stop eating and drinking at least 6 hours before examination in order to empty your upper digestive tract and small bowel.
2. For Contrast Follow Through, you will also be asked to take laxative to make sure your small bowel is sufficiently cleared. Please carefully follow the instruction of laxative according to the prescription or your examination might need to be rescheduled.

During the procedure

Contrast Swallow:

1. You will be instructed to drink a few mouthfuls of contrast medium during the examination.
2. A series of X-ray images of your oesophagus will be taken as the contrast medium passes through.
3. You will also be asked to change positions to obtain different views of your oesophagus.

Contrast Meal:

1. You will be instructed to drink two to three cups of barium during the examination.
2. A series of X-ray images of your stomach will be taken as the contrast medium passes through.
3. You will also be asked to change position to obtain different views of your stomach.

Contrast Follow Through:

1. You will be instructed to drink two to three cups of barium during the examination.
2. Injection of antispasmodics might be required to reduce small bowel peristalsis for optimization of image quality.
3. A series of X-ray images of your small bowel will be taken at different time intervals. It takes about 1 to 4 hours to complete the examination.



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After the procedure

1. Stools will become pale if barium sulfate was used as the contrast medium for a few days after the procedure.
2. You can eat or drink as usual after the procedure.
3. Go to your nearest Accident & Emergency Department if you feel unwell.

Risks and complications

Complications with these procedures are rare but not limited to the following:

1. Barium sulfate as contrast medium could lead to constipation, which might happen in a few subsequent days after the procedures. You are encouraged to drink more water and eat more vegetables or fruits to aid defecation.
2. High volume contrast medium aspiration can lead to acute respiratory distress or pneumonia. If you are aspiration-prone, please consult your doctor before the examination.
3. Antispasmodics could possibly but rarely lead to difficulty in urination, and blurred vision or even loss of vision.
4. Death as a result of these procedures is very rare.

Remarks

Should you have any queries, please feel free to ask the staff of the Radiology Department.

Reference

1. ACR Manual on Contrast Media (2021)

I acknowledge that I have understood the above information and was given opportunity to ask questions concerning my procedure.

Name of Patient / Relative

Signature

Relationship (If any)

Date