

Contrast imaging of a child's esophagus/ stomach/ small intestine

Patient Instructions

How to prepare for the procedure?

The success of the procedure requires a light diet. Below you will find preparation instructions for children of different ages.

Children under 2 years of age

- The procedure does not require preliminary preparations the day before.
- On the morning of the procedure day, the child should not eat or drink. Infants should not eat or drink at least one feeding interval.

Children 2 years of age and older

The day before the procedure

Dietary:

- Please choose for your child low-fibre foods, preferably only liquids and broths. Meals can be about 100 grams of fish or chicken with rice. In addition, e.g. meat broth, berry juice (Finnish: mehukeitto) and white breads are suitable.
- Drinks that are suitable are: water, juice, clear soft drinks, tea and coffee (without milk).
- You can increase your daily energy intake with fibre-free supplements available from your pharmacy.
- Foods containing fibre are **prohibited**. Drinks and berry juice (Finnish: mehukeitto) containing fruit flesh or seeds should not be drunk.
- Chewing gum is prohibited.

On the morning of the procedure Please do not let your child eat or drink.

How is the procedure done?

During the examination, the child drinks a sweet contrast agent that is mixed with, for example, water or juice. To make it easier to drink contrast you can bring your child's own cup or baby bottle.

The radiologist monitors the flow of the contrast material in the digestive tract using fluoroscopy. The interval between taking x-rays varies and can be up to half an hour. Meanwhile the child can play in the waiting hall.

A support person for the child, who is not pregnant, can be present during the examination.

The procedure takes about 1–3 hours, depending on the progress of the contrast agent.

What about after the procedure?

After the procedure, the child is allowed to eat and drink normally. The contrast agent is passed from the body in the faeces. The referring unit is responsible for reporting the results of the procedure.