

Patient information

Water Soluble Contrast Swallow Meal

Imaging Department

Your hospital doctor or family doctor (GP) has advised that you need a Water Soluble Contrast Swallow/M meal. Any alternative treatments or procedures will have been discussed at your initial consultation with your referring practitioner.

What is a water soluble contrast swallow/meal?

A water soluble contrast swallow is an X-ray examination of the oesophagus (food pipe) using a colourless fluid known as an X-ray contrast agent, or dye.

A water soluble contrast meal is an X-ray examination of the oesophagus and stomach using a colourless fluid known as an X-ray contrast agent, or dye.

One or both of these areas will be examined depending on your symptoms. They are carried out by a Radiologist (a doctor who specialises in X-rays) or a specially trained Radiographer.

Before your examination

It is very important that your stomach is completely empty of food and drink.

- You should have nothing to eat or drink for eight hours before your appointment time.
- If you have diabetes and take tablets or insulin and have not been given a morning appointment please contact the X-ray department as soon as you receive this appointment.

What are the benefits of having a water soluble contrast swallow/meal?

This procedure will help us to make the correct diagnosis so we will be able to give you the correct treatment.

The risks of having a water soluble contrast swallow/meal include:

- **Patients of a Child-bearing Age:** X-rays may be harmful to an unborn child, especially in the early stages of pregnancy. If you are pregnant or there is any possibility of you being pregnant, please contact the X-ray department before your appointment.
- We are all exposed to natural background radiation every day of our lives. Each X-ray examination gives us a small additional dose. This dose varies with each type of examination. Everything is done within the X-ray department to minimise this dose.

- An injection of Buscopan may very rarely be used during this procedure. It is given to make your stomach muscles relax. This injection will make your mouth feel dry, and you may have blurred vision. These effects usually disappear within half an hour.
However, you should not drive until your vision has returned.

Other eye problems, such as pain or redness are rare ,if they do occur please urgently contact St Paul's Eye Hospital here at the Royal Liverpool Hospital for advice. Tel: 0151 706 3949

Tell them you have had a water soluble contrast meal and an injection of Buscopan.

If you are worried about any of these risks, please speak to your doctor or a member of their team.

What to bring with you

You may wish to bring with you a dressing gown, slippers and book. A member of your family or a friend could also come with you.

The examination

- You will be taken to a changing room, and asked to undress and put on a gown. When it is your turn, you will be taken into the X-ray room.
- The Radiologist may decide you need the injection, if so this will be given in your arm. This will relax the muscles in your stomach.
- You will then be asked to drink a cup of flavoured clear liquid called Gastromiro.
- X-ray pictures will be taken by the Radiologist while you are standing and lying in different positions on the X-ray table.
- The examination usually takes between 10-20 minutes.
- Very occasionally you may need a delayed film - you will be asked to wait in the department for about an hour. This is so we can check the emptying of the stomach and for the contrast to pass into the small bowel.

After the examination

The radiologist/radiographer will advise you of any aftercare following the procedure depending on the results of the test.

Results

The results of your X-ray examination will be sent to the doctor who requested the examination.

Cancellations

If you are unable to keep this appointment, please let us know as soon as possible and we will arrange another for you.

If you fail to cancel and do not attend you will be discharged back to the care of the referring clinician.

Transport

If your medical condition or mobility needs mean that you cannot get to your appointment any other way and you require transport you should ring the Patient Transport Services (PTS) who will arrange one for you.

Tel: 0151 706 4676

Car parking

Car parking for visitors and patients is available at the Q-Park multi-storey car park located on Prescot Street, L6 1LY.

For those with walking difficulties, there is a shuttle bus service operating between Q-Park and The Royal Liverpool University Hospital. The bus operates Monday to Friday, 6am-8pm. If you find you are waiting a while for the bus, the driver's number is displayed on the Q-Park exit.

Parking for Blue Badge holders is free at the Mount Vernon Street entrance. However, parking is limited, and you are advised to allow sufficient time for parking as you may need to redirect to the nearby Q-Park.

Please bring this leaflet with you when you attend the X-ray department.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

If you have any further questions, or require further information, please contact the Radiology Appointments Office:

Tel: 0151 706 2759

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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در صورت تمایل می‌توانید کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

زانیاری پیوندیدار بهو نه‌خوشانه‌ی له‌لایمن تراسته‌وه په‌سه‌ند کراون، نه‌گهر داوا بکریټ له فوړماته‌کانی تردا بریتی له زمانه‌کانی تر، نیزی رید (هاسان خویندنه‌وه)، چاپی گه‌وره، شریټی دهنګ، هیلی موون و نه‌لیکټرونیکی همیه.

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