

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).

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:

- **Female Patients:** 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 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

Text phone number: 18001 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 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

Text phone number: 18001 0151 706 4676

Car parking

Car parking for visitors and patients is available at the Q-Park multi-storey car park located across the road from the front entrance of the hospital. Vehicle entry to the car park is on Epworth Street which is off Erskine Street.

The car park is open 24 hours a day seven days a week and charges apply. The car park is continually monitored by CCTV and parking attendants.

There are disabled spaces located within the car park. If you require help with parking ask a parking host at the car park entrance.

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 Appointments Office:

Tel: 0151 706 2759

Text phone number: 18001 0151 706 2759

NHS 111 Service

Tel: 111

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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.

يمكن توفير جميع المعلومات المتعلقة بالمرضى الموافق عليهم من قبل انتمان المستشفى عند الطلب بصيغ أخرى، بما في ذلك لغات أخرى وبطرق تسهل قراءتها وبالحروف الطباعة الكبيرة وبالصوت وبطريقة برايل للمكفوفين وبطريقة مون والكترونيا.

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體、音頻、盲文、穆恩體 (Moon) 盲文和電子格式，敬請索取。

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 نمخوشانهی لهلایمن تراستموه پسمند کراون، نگمر داوا بکرنیت له فورماتیکانی تردا بریتی له زمانمکانی تر، نیزی رید (هاسان خویندنموه)، چاپی گموره، شریتی دنگ، هیلای موون و نملیکترونیکی همیه.

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Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhado kale, sida luqado kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.