

How to Prepare for Your **Digital X-ray (Upper GI Series)**

Exam Overview

What is Digital X-ray?

Digital X-ray has been called one of the most significant advances in medical history. It is used in many different ways in medical diagnosis. Routine X-rays involve exposing a body part to a small dose of radiation to produce an image of an internal organ. A Digital X-ray image is produced when a small amount of radiation passes through the body and strikes a flat panel sensor, which sends a digital picture of the body area being studied to the computer to be interpreted by a radiologist and then stored.

An upper GI series is a series of X-rays of the esophagus, stomach, and small intestine (upper gastrointestinal, or GI, tract) that are taken after the patient drinks a barium solution. (Barium is a white, chalky substance that outlines the organs on the X-ray.)

Upper GI Series Exam Prep Checklist

- Do NOT eat or drink after midnight on the morning of the exam.
- Do not chew gum or smoke after midnight, as these activities can cause stomach secretions, which also may degrade the quality of the images.

