

Getting an Upper GI with a  
Small Bowel Follow Through  
Photo Preparation Book



## UGI SBFT stands for **Upper GastroIntestinal Small Bowel Follow Through**

This is where all the food goes when you eat!

Can you find the **SMALL INTESTINE**?

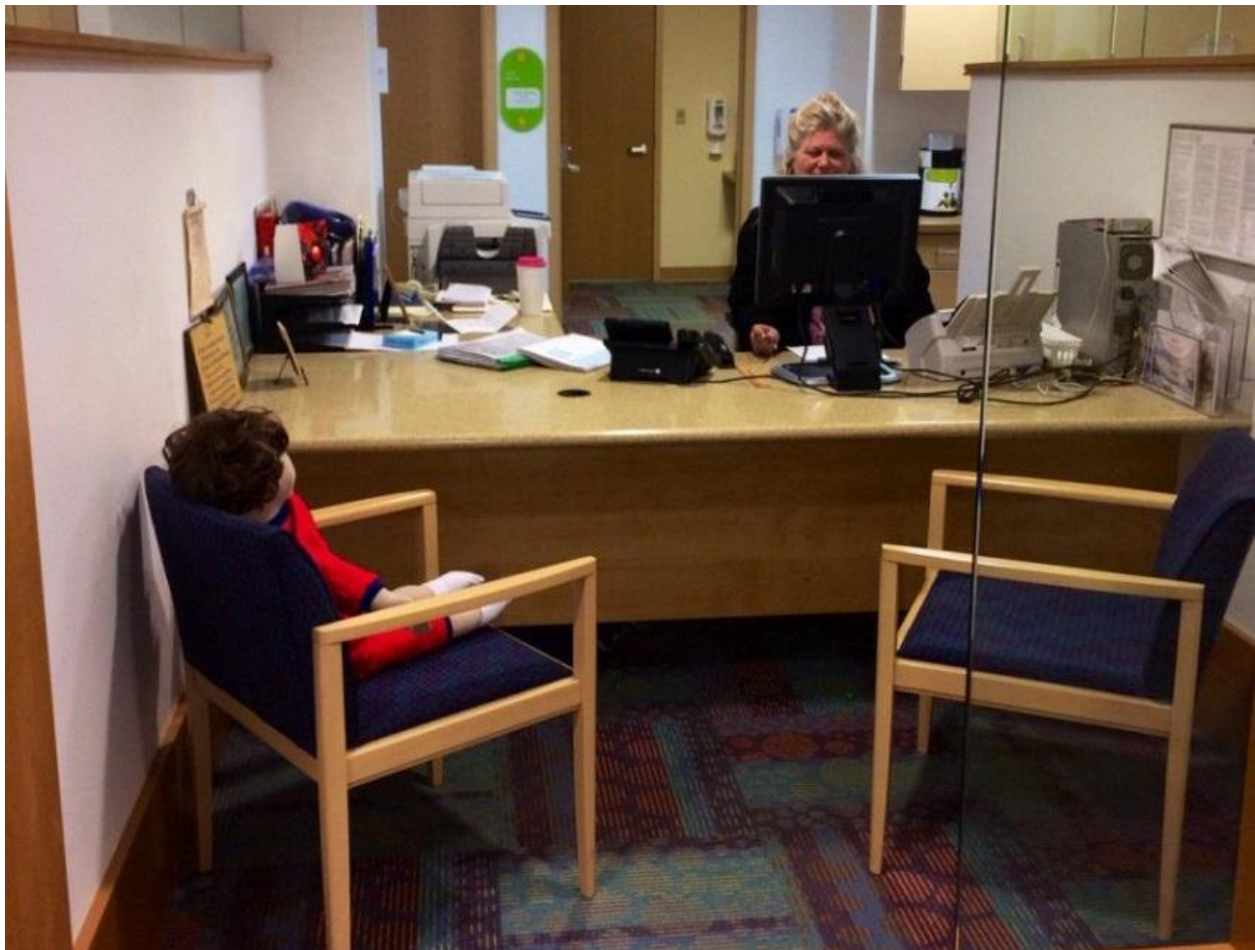
Can you find the **LARGE INTESTINE**?

Can you find the **STOMACH**?



This is the Radiology Waiting Room. There are a lot of fun things to do in this room while you wait!

The people in this room are waiting for pictures called X-rays, Ultrasounds, CT scans, and Upper GI SBFT's (just like you!)



Next, you will go to one of the registration desks. The patient services representative will let the technologists know that you are here.



You will also get a special bracelet that tells everyone who you are. Then you will go back to the waiting room.





When it is time for your Upper GI SBFT, the technologist will call your name and walk you to the exam room.

A Technologist is the person who takes the pictures!

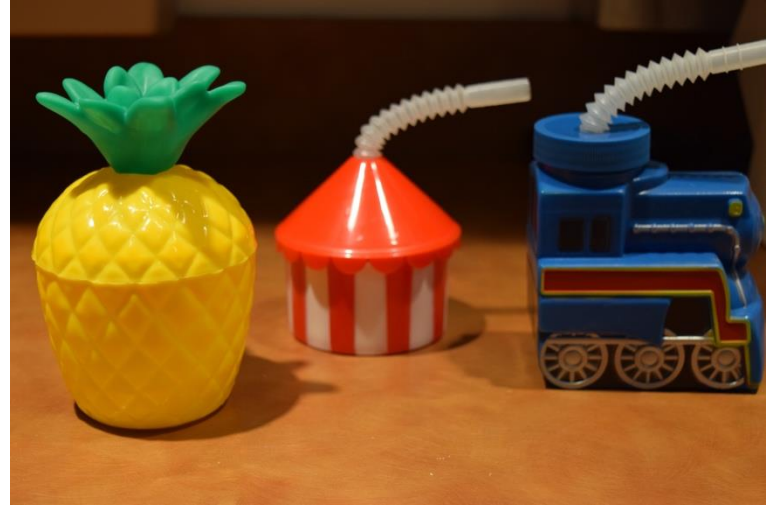


The technologist will give you special hospital pajamas to wear while you get your pictures taken.



The technologist will give the grown-up you brought with you a special apron to wear too.





Now it's time to lie on the table and drink something called Contrast!

Contrast is a special drink that makes the picture bright and clear so the doctor can see the different parts of your body!

You can choose a flavor and fun cup to drink your Contrast!



Without Contrast



With Contrast



The technologist will hold the cup for you so you can drink from a straw while you are lying on the table.

As you drink the contrast the doctor will come into the room and move the camera across your body.



The doctor will start by taking pictures of your **esophagus** (or throat) and then move the camera down towards your belly as you drink the contrast to get pictures of your **stomach** and **small intestine**.

**Remember:** The camera won't touch you!





As the doctor takes the pictures with the camera, you will be able to see them on the TV screen that is in the room!



Your job is to:

Take REALLY BIG sips of the contrast!

Hold your body very still while the doctor takes pictures!

Roll onto your side when the doctor tells you to

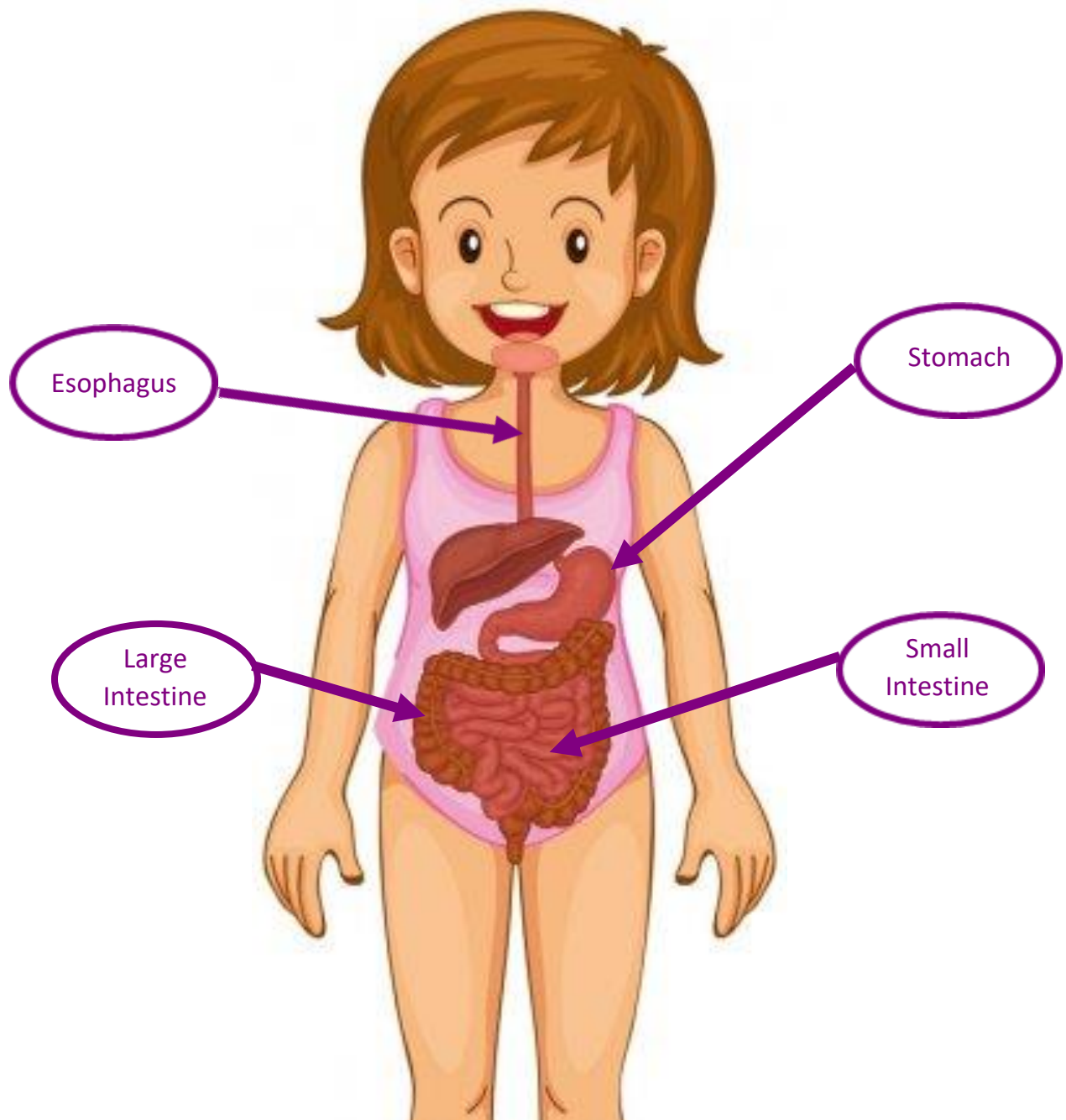
To help you stay still, you can....



Play a game, watch a movie or listen to music!



Squeeze a stress ball or a grown-up's hand!



During your Upper GI, you already had pictures taken of your **esophagus**, **stomach**, and the top of your **small intestine**.

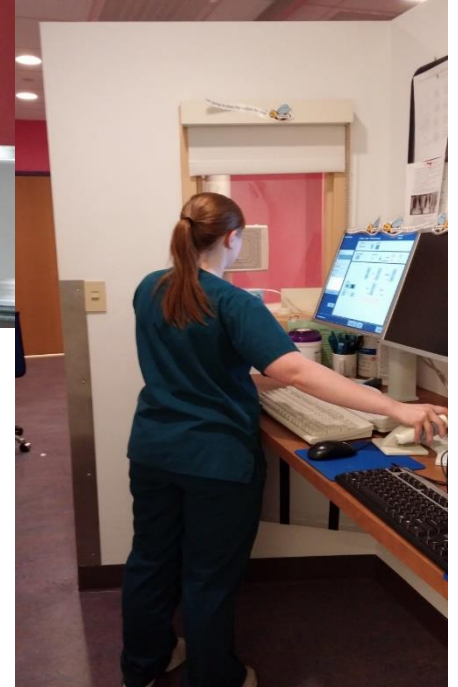
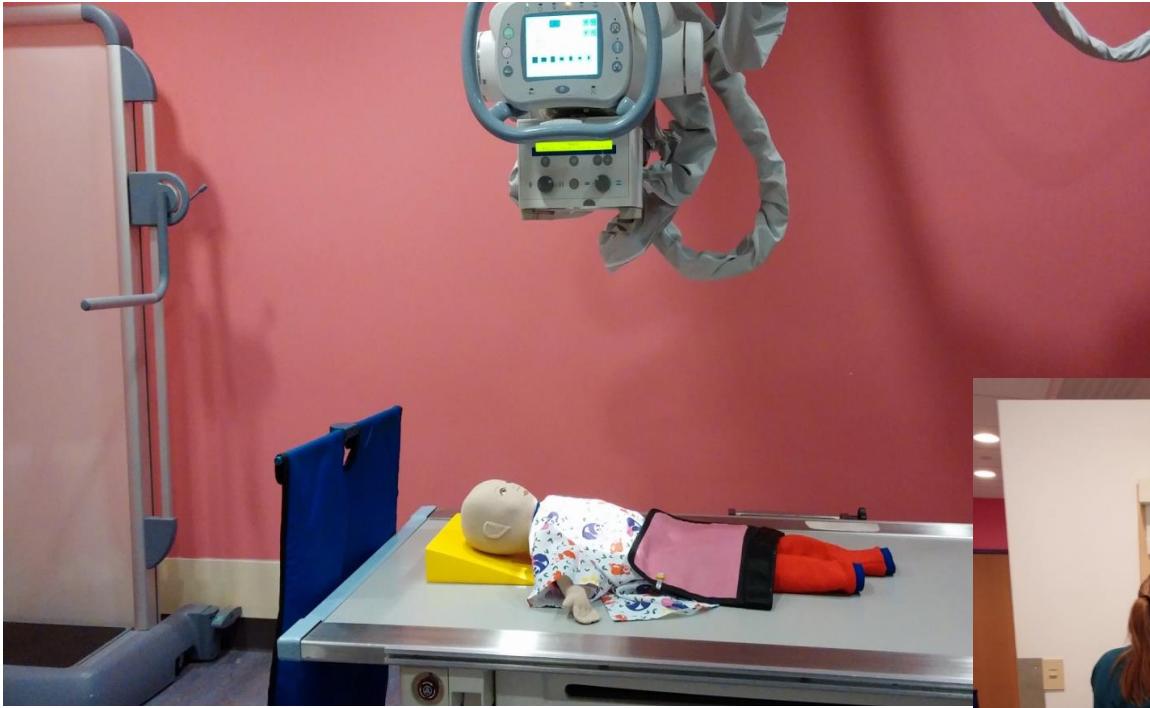
Next we need pictures of the bottom of your **small intestine** and your **large intestine**.





It might take a couple hours for the contrast you drank to travel to the bottom of your small intestine and through your large intestine. You can play games back out in the waiting room while we wait.

The technologist will come get you about every 30 minutes to take a picture to see how fast the contrast is moving through your body.



Remember, the camera will move over your stomach and shine a flashlight on you, but it will never touch you.

The technologist will stand right outside the room to take your picture. You will hear a “CLICK” and then the picture is over!



The test will be finished once the contrast has reached your large intestine.

If your child has any special needs or health issues you feel the doctor needs to know about, please call the Department of Pediatric Radiology at Children's to speak with a technologist or Child Life Specialist before the test. (412) 692-5512.

It is important to notify us in advance about any special needs.

Preparing your child beforehand, as well as comforting your child during the test, will help your child have a more positive experience.

Sometimes it is difficult to know how to explain tests to children. These preparation books have been created to help you and your child feel as prepared as possible.

If you feel that your child will have difficulty during the test or needs a more developmentally appropriate explanation prior to their visit please call the Department of Pediatric Radiology's Child Life Specialist (412) 692- 9532.