Fluoroscopy Protocols

**Adult Upper G.I. with Air Contrast**

**UGIA**

Fluoro Time Target Limit: 4.0 minutes

**Scheduling and Prep:**

*The patient should be NPO from midnight before their exam Until after their exam is completed. (Patient is allowed to brush their teeth)(No water, food, chewing gum, smoking, etc...) (Only medication that is absolutely necessary with minimal water and as early in the morning as possible)

**Supplies:**

*Effervescent crystals and cold water
*Air contrast thick barium (HD-200, 764, or equivalent)
*Single contrast Upper G.I. thin barium (L-196 or equivalent)
*1-medicine cup, 1-Straw and 2-drinking cups
*Barium tablet (Only if having dysphagia)
*Anatomical side marker

**Air Contrast Esophagus Procedure:**

*Position the Left anatomical side marker on the appropriate left side to be included on these images.
*Start with the patient in the upright position
*Slightly oblique the patient to the left. (This will eliminate Superimposition of the esophagus and the spine)
*Have the patient hold the air contrast (thick) barium in their left hand so there will Be minimal delay between drinking the air crystals and beginning to drink the thick Barium.
*With patient holding medicine cup with water, in their right hand, Pour effervescent crystals in to the water. Encourage the patient to drink the mixture very quickly.
* The patient should refrain from belching throughout upper GI portion of this exam.
*Take the empty “fizzy” cup and instruct the patient to begin drinking the thick barium. Have the patient take big swallows, quickly, one right after the other until the cup is Empty.

**If aspiration of the barium occurs; stop the patient from drinking, take note if the patient coughs or does not cough. Consult the radiologist if (he or she) feels that the exam should continue or be discontinued. If told to discontinue giving barium, attempt to get some stomach images without giving any more to drink. Skip to: Procedure for Imaging the Stomach.**
Spot Images: *While the patient is drinking the thick barium; take an adequate number of Images of the air contrast esophagus. Anticipate (4-6) images.

* Concentrate on the distal esophagus at the EG junction. Once the distal Esophagus has been sufficiently imaged; move superior to the mid and proximal Esophagus. Some of the best coated images will be seen after several swallows, so Check again at the distal esophagus for better air contrast esophagus images.

Procedure for Imaging the Stomach:
*Lower the patient to the prone position.
*Have the patient roll onto their right side, and then supine, and then on their Left side. (The purpose of this is to allow the barium to thoroughly coat the stomach lining with barium) If you see poor coating, have patient roll again.

Spot Images of the Stomach:
*Take 3 images of the stomach in progressively less steep obliques.
*One AP of the stomach.
*One Right lateral stomach. (Be sure to roll the patient slightly Forward to clear the barium from fundus)
*This will be the best time to demonstrate the fundus.
**Image the barium filled bulb and barium filled antrum with single contrast filled C-loop. This can often be accomplished in one image. If bulb is not filling out yet, wait until later In the exam.

Procedure for imaging the single Contrast Esophagus:
*Position the patient in the RAO position with their right Arm by their side. Have their head on a doubled pillow. Have the patient Hold the single contrast barium cup with a straw in their left hand.  
*Position the Right or Left anatomical side marker on the appropriate side to be included on these images.
*Have the patient drink one normal swallow and just watch the tail of the barium all the way down. This will show esophageal motility without gravity helping. Take note of any abnormal motility or pathology.
*Next, have the patient drink 3 large swallows, fast and consecutively

Spot Images:
*While the patient is drinking the 3 large, fast and consecutive swallows; Take images of the barium filled esophagus from superior esophagus to the inferior Esophagus, just enough to document the entire esophagus filled with barium to EG Junction. In an effort to reduce exposure; anticipate 2-4 images. After the third Swallow, have the patient inhale and bear down. (This is a good time to evaluate for hiatal hernias or Schatzki’s rings as well as looking For motility issues.)
**Spot Images:**
*Image the barium filled bulb and barium filled antrum with single contrast filled C-loop. This can often be accomplished in one image.

If demonstrated earlier in the exam, do not repeat.

*Roll patient to their left side.
*Take images of the air contrast filled duodenal bulb, air contrast filled antrum with an Air contrast filled C-loop. This can often be accomplished in one image. If demonstrated earlier in the exam, do not repeat.

*Have the patient then roll to the supine position and check for reflux. Have the patient cough and strain. Then, have the patient roll enough in the RPO position to place the barium up against the EG junction and Repeat coughing and straining. Be careful not to rotate too much as to dump the barium out of the fundus.
*Screen save images of reflux if it occurs, and label with reflux and an up arrow.
*Take an AP of entire barium coated structures. (Stomach and C-loop of the small bowel allowing barium to cross the spine.) This will confirm or rule out malrotation

**Overhead Images:**
*AP stomach Non-Siemen’s units only.
*If the patient has a "U" shaped stomach, use a 30 degree cephalic angle.

ONLY if patient has dysphagia: Give barium tablet.

**Barium Tablet:**

*Always wait until the end of the exam to administer the barium tablet.
*In the upright position, have patient swallow a barium tablet with water.
*Watch the tablet as it travels down the esophagus to the stomach
*Screen save an image of the EG junction, for documentation that the pill went down.
*Screen save the pill if it gets stuck in the esophagus. Note for the radiologist how Long the tablet delays entering the stomach or if it does not go down within about 5 Minutes. If the tablet is not passing through the EG junction quickly, have the patient Drink more water. Do not Fluoro the entire time.
*If the pill is still lodged in the lower esophagus; have the patient drink one small Sip of thin barium. Take an image of the barium surrounding the tablet.

*If the pill does stick in the lower esophagus, for longer than about 5 minutes, the patient Can safely be released with instructions to sip on water and refrain from eating for about 20 minutes to allow the pill to dissolve.
*If the pill lodges in the upper esophagus; the patient should remain at the ARA clinic Sipping on water, until the pill passes on down the esophagus or if the pill is successfully Coughed up.

**The radiologist is relying on the Fluoro technologist to witness and inform Them of reflux, barium tablet passage, pathology and motility issues.

** These are the minimum images needed to demonstrate the proper Anatomy for this exam. When deemed necessary, more images may be Taken to demonstrate pathology or for other reasons.

** Care should be taken to minimize patient and technologist exposure.

**Following the procedure, the patient should be instructed to drink extra fluids to help prevent constipation from the barium.

Reviewed April 1, 2019