PATIENT INFORMATION SHEET ONLY

NO DOCUMENTED CONSENT REQUIRED
1. What is a Swallow/Meal under Imaging?
A Swallow / Meal is an x-ray procedure of the oesophagus, stomach, and upper small bowel.
A series of x-ray pictures are taken while you swallow Contrast (once called x-ray dye).
Sometimes, food items are coated with Contrast and you will be asked to swallow them while x-ray pictures are being taken.
A Modified Swallow Study or Video Swallow is a similar x-ray procedure that studies how you swallow.

2. Will there be any discomfort, is any anaesthetic needed?
A Swallow/Meal under Imaging is a painless procedure, no anaesthetic is required.

3. Preparation for the procedure
The medical imaging department will give you instructions on how to prepare for your procedure.
- Please tell staff if you are or suspect you might be pregnant.

4. During the procedure
You will be asked to swallow the Contrast or food items while x-ray pictures are being taken.
You may be asked to swallow a liquid, a powder, or a tablet which will produce a gas in the stomach. This may make you feel full and will allow the doctor to look at your stomach.

5. After the procedure
Your stool may appear white for a few days after the procedure, this is normal.
It is important to drink plenty of water for a few days after the procedure to avoid constipation and dehydration.

6. What are the risks of this specific procedure?
The risks and complications with this procedure can include but are not limited to the following.

Common risks and complications include:
- Vomiting may occur and require treatment with medication.
- Constipation, drinking extra fluids and laxatives can help with this.
- Diarrhoea, causing dehydration, drinking extra fluids can help with this.

Less common risks and complications include:
- Pneumonia may occur if fluid from the stomach goes into the lungs. May require antibiotic and further treatment.
- The procedure may not be possible due to medical and/or technical reasons.

Rare risks and complications include:
- An increased lifetime cancer risk due to the exposure to x-rays.
- Allergic reaction to the Contrast. This could result in a rash, hives, itching, nausea, fainting or shortness of breath. Medication may be given to relieve this.
- Death as a result of this procedure is very rare.

7. What are the safety issues when you leave the hospital?
Go to your nearest Emergency Department or GP if you become unwell.

Notes to talk to my doctor/ health practitioner about: