

Getting a UGI or UGI with SBFT

Upper Gastrointestinal Series or Upper Gastrointestinal Series with Short Bowel Follow Through

What is a UGI and UGISB?

- A UGI is a study of your child's esophagus, stomach, and the first part of their small intestine.
- A UGI with SBFT is a study of your child's esophagus, stomach, their entire small intestine, and the first part of your child's large intestine.
- Both studies use a special kind of X-ray (fluoroscopy) and liquid (contrast) that your child will drink.

What happens during a UGI and UGI with SBFT?

Part 1: Getting ready

- The technologist will ask some questions about your child and review the test with you.
- Your child will be given a hospital gown to change into.
- Your child will lie on the table.
- A caregiver may stand next to their child and help comfort them.
- The technologist will take an X-ray of your child's belly.

Part 2: Taking the pictures

- The radiologist will come into the room and give your child the contrast to drink during the pictures. Your child can drink from a bottle, a cup with a straw, or a syringe depending on what they are most comfortable with.
- The radiologist will then move a large camera over your child and begin taking the pictures. The radiologist will tell your child when to drink the contrast.
- A UGI is completed when the contrast reaches the first part of the small intestine.
- The study can take up to 30 minutes. Your child will only drink the contrast when the radiologist asks them to.

Part 3: Short bowel follow through

- If your child is getting a UGI with SBFT they will be asked to drink a larger volume of contrast after the initial images are taken.
- An X-ray will be taken every 15-30 minutes to track the contrast until it reaches the first part of your child's large intestine.

To schedule a preparation/education session:



A child life specialist (CLS) can help support your child during their UGI or UGI with SBFT by explaining it in developmentally appropriate language, suggesting possible coping strategies, and helping to distract them during the test. If you would like to speak

to a child life specialist prior to your child's radiology appointment, please email

radiologychildlife@mountsinai.org



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How can I prepare my child?

Be sure to follow the prep instructions given to you when you schedule the appointment.

Infants (up to 12 months old)

- Bring comfort items such as a pacifier, blanket, or favorite toy.
- Remember crying is a healthy and normal way for infants to express their emotions.
- You are your child's biggest comfort.

Toddlers (one to two years old)

- Start preparing your child the day before with simple words.
- Tell your child that they will have pictures taken so that the doctor can learn more about their body.
- Tell your child that they will drink a special beverage while the pictures are taken.
- Reassure your child that you will be there for the pictures.
- Toddlers want to be independent and make their own choices, so you can ask them what comfort items they would like to bring.

Preschoolers (three to five years old)

- Start preparing your child one to three days before.
- Tell your child why they are having the pictures taken.
- You can relate it to any symptoms they might be experiencing.
- Tell your child that they will drink a special beverage while the pictures are taken.
- Reassure your child that you will be there for the pictures.
- Encourage your child to ask questions.

School age and up (six years old and up)

- Prepare your child at least a few days in advance.
- Tell your child why they are having the pictures taken. You can relate it to any symptoms they might be experiencing.
- Speak to your child about what they might see, hear, and feel during each step of the scan.
- Talk to your child about different ways they can cope including if/how they want to be distracted.
- Encourage your child to ask questions.

How can I help as a caregiver?

- Caregivers are encouraged to be with their child during the scan, though there are some exceptions. Women who may be pregnant cannot be in the fluoroscopy room during the procedure.
- We encourage caregivers to help contribute to a calming environment as your child will look to you for emotional cues.
- During the pictures you can help distract your child with a show on a tablet, reading a book, or talking with them.

