

Kaiser Permanente Medical Center Walnut Creek
1425 South Main Street
Walnut Creek, Hospital Basement
925- 295-4798

Kaiser Permanente Medical Center Martinez
200 Muir Road
Martinez, Hacienda Bldg
925-372-1105

Instructions for Upper GI and or Small Bowel Fluoroscopic
These exam are performed only at Martinez and Walnut Creek Facilities

You may have a co-pay for this examination depending on your Health Plan Coverage.

Eat or drink nothing after midnight preceding the examination.

NOTE: If you are a diabetic taking insulin, please check with your doctor about AM dose of insulin since you may not eat until after the examination is completed.

Take nothing by mouth the morning of the examination. The only exception is that you may take scheduled medications with a small amount of water, just enough to swallow the pills. Do this at least two hours before the examination.

Do not smoke or chew gum on the morning of the examination.

The Upper GI examination is ordinarily completed within a half hour. If you are having a small bowel series, it may be necessary for you to spend three to five hours in the Department.

Barium can be constipating. Following the examination you should drink at least 8 glasses of fluids over the remainder of the day.