

PERSEDIAAN PESAKIT UNTUK PEMERIKSAAN BARIUM MEAL

Tolong ikuti arahan-arahan berikut untuk pemeriksaan barium meal anda:

- a. Makan makanan yang mudah dihadam selama **DUA HARI** sebelum hari pemeriksaan. Anda dibenarkan makan daging lembut, ikan putih, kentang (rebus atau putar sahaja), sup, telur, roti putih, mentega atau marjerin, teh, kopi dan jus buah-buahan jernih. Tolong **ELAKKAN** makanan seperti sayuran hijau, susu dan buah-buahan serta minuman bergas.
- b. Makan ubat julap yang dibekalkan selama **DUA MALAM** berturut-turut sebelum hari pemeriksaan. Anda akan mengalami cirit-birit setelah memakan ubat-ubat julap tersebut.
- c. **JANGAN MAKAN** apa-apa makanan mulai pukul 10.00 malam sebelum hari pemeriksaan sehingga pemeriksaan selesai.

Tolong rancangkan supaya anda sampai di jabatan ini 15 minit sebelum yang dijadualkan. Pemeriksaan ini akan mengambil masa lebih kurang satu jam.

Jika anda memerlukan penerangan lanjut sila hubungi kami di talian (03- 61203233 samb. 2134/ 2135).

Terima kasih kerana memilih Hospital Selayang untuk memenuhi keperluan kesihatan anda.

INFORMASI PROSEDUR

Barium Meal merupakan kajian berkontras untuk bahagian atas trek gastrointestinal. Ianya menggunakan X-Ray selepas menelan media kontras, barium.

PATIENTS' INSTRUCTIONS FOR A BARIUM MEAL EXAMINATION

Please follow these instructions for your barium meal examination:

- a. Take a low residue diet for **TWO DAYS** prior to your X-ray examination. You are allowed to take tender lean meat, white fish, potato (boiled or mashed only), clear soup, eggs, white bread, butter or margarine, tea, coffee, clear fruit juices and squashes. Please **AVOID** green vegetables, milk, fruits and carbonated drinks.
- b. Take two laxative tablets for **TWO NIGHTS** prior to the examination date. You might get diarrhoea after taking these tablets.
- c. Have **NOTHING** to eat or drink from 10.00 p.m., the evening before your examination until the examination is completed.

Please plan to arrive at least 15 minutes prior to your scheduled appointment time. The examination will last approximately one hour.

If you require further information, please contact us at (03- 61203233 ext. 2134/ 2135).

Thank you for choosing Hospital Selayang for your healthcare needs.

PROCEDURE INFORMATION

Barium Meal is a contrast study of the upper gastrointestinal tract. It involves X-Rays after digestion of the contrast media, barium.