



**JACKPERSAD
& PARTNERS INC.**
SPECIALIST DIAGNOSTIC
RADIOLOGISTS

Barium Meal Preparation Requirements

You should not have foods or fluids by mouth for at least 6 hours prior to the examination.

Procedure

This takes approximately 15-20 minutes. To distend the stomach you will be asked to drink an effervescent similar to Eno's. Once you have had this, you will be required to ingest a cupful of barium and several X-rays will be taken in varying positions.

After Procedure

You may continue normal activity. As the Barium may be constipating, a mild laxative should be taken.