

Contrast swallow and meal

Other formats

If you need this information in another format such as audio tape or computer disk, Braille, large print, high contrast, British Sign Language or translated into another language, please telephone the PALS desk on 01271 314090.

What is a contrast swallow and meal?

The contrast swallow and meal is a test to look at the gullet and stomach with contrast that you drink.

Why is it needed?

A contrast swallow and meal test is suggested to see if there is a leak from the stomach. This is more likely if you have had surgery on your stomach or gullet.

Your doctor will have explained why you need to have this done.

What does it involve?

Contrast is a fluid which shows up the outline of the bowel on X-ray pictures. You will be asked to swallow some contrast and X-ray will be taken of your stomach.

How long will it take?

10 – 20 minutes.

Where is it done?

The test will be done in the X-ray and scans Department “A”, Level 2, North Devon District Hospital, Barnstaple.

What preparations are needed?

You should not eat or drink for 2 hours before the test.

If you have diabetes, which requires treatment by tablet or injection, please phone the diabetes nurse on 01271 322726 between 9am and 5pm (Monday – Friday) for advice.

Any other medication may be taken with sips of water.

What happens after the test?

You are free to go home immediately after the test.

Are there any risks?

Contrast can occasionally go down the wrong way. If you are prone to choking on your food, please tell your doctor about it when you come for your test.

Follow up

The results will be sent to the consultant who referred you for the contrast swallow and meal.

Further information

If you have further questions or concerns about your contrast swallow and meal, please phone the X-ray Department on **01271 322435**.

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or e-mail ndht.pals@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple. Alternatively, it may be possible for us to arrange an appointment in your area.

Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of the staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at www.careopinion.org.uk.

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