



**NEMOURS**  
CHILDREN'S HEALTH.

## **Modified Barium Swallow Study Patient Instructions**

Your child is scheduled to have an X-ray test called a modified barium swallow study. This test shows how foods and liquids move through the upper part of the digestive tract when your child chews and swallows. The test will be done in the Radiology Department. Please review this information before your child's test:

**What to expect:** During the test, your child will eat and drink foods that contain barium. Barium is a white, creamy material that shows up on an X-ray and gives doctors important information.

**How to get ready:** On the day of the test, don't give your child anything to eat or drink 2 hours before the appointment. We want your child to be hungry enough to eat and drink during the test.

**Arrival:** Please check in at the Radiology Department at least 15 minutes before your appointment time. If you are more than 15 minutes late, we may have to reschedule your appointment.

### **Parents, caregivers, and siblings' information:**

- A parent or caregiver should plan to stay with their child during the entire test.
- People who are pregnant can't be in the testing area.
- Siblings or other children under the age of 18 can't be in the testing area. Please make plans for another adult to take care of siblings, either at home or in the waiting room.

### **Items to bring with you:**

- **If your child drinks from a bottle**, they will use different nipples during the test. Please bring:
  - A nipple they use now. (If you have enlarged the opening, please bring one that hasn't been enlarged.)
  - A nipple one size slower than what your child uses now, if available.
  - A nipple one size faster than what your child uses now, if available.
  - **For babies under 4 months old**, bring a bottle, current nipple and 8 ounces of liquid that your baby drinks. The liquid will be used during the study.
- **For children over 4 months old**, please bring:
  - Your child's favorite cup, bowl, plate, spoon and fork. If your child uses different kinds of cups (straw, sippy, nozzle, bottle), bring all of them.
  - Foods that your child likes, from these 3 categories:
    - A pureed food (yogurt, pudding or baby food)
    - A crunchy food (oreo, cracker or cookie)
    - A chewy food (pancake, chicken nugget, muffin, cereal bar or a peanut butter and jelly sandwich)
  - Some favorite drinks and snacks. Your child might be offered these foods during or after the test.

If you have any questions, please contact the doctor who ordered this test or the Therapy Services Department.