Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

# Aftercare Advice: Barium Swallow and Meal Examination

Version number: **3**
Last modified date: **12th November 2026**

# Aftercare Advice: Barium Swallow and Meal Examination

## Patient Information

## X-Ray Department

- Author ID: SJO
- Leaflet Ref: Rad 031
- Version: 3
- Leaflet Title: Aftercare Advice-Barium Swallow and Meal Examination
- Date Produced: May 2025
- Expiry Date: May 2027

- Name: ....…..……
- Hospital No: .....……
- Consultant: .....……

**Your examination is now complete, and you are free to leave the department.**

You may resume your usual eating routine. We advise that you drink plenty of fluids (e.g., water, fruit juice, and tea) for the next two days to ensure you do not become constipated from the barium.

You will notice that your bowel movement will be slightly lighter in colour; this is normal and is caused by the white barium that you drank during the procedure.

If you have been given some powder and lemon juice-like liquid during your examination, there are no known side effects associated with this. If you have stopped taking your usual medication to undergo this test, you can resume taking it now.

Your results will go back to the Consultant or General Practitioner (GP) who has referred you for this test. Normally you will receive your results within the next two weeks.

If you are concerned or have any questions, then you can contact the X-Ray Department for advice on telephone **01942 822398** Monday to Friday 09:00 to 17:00.

Kind Regards,

**X-Ray Department**



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