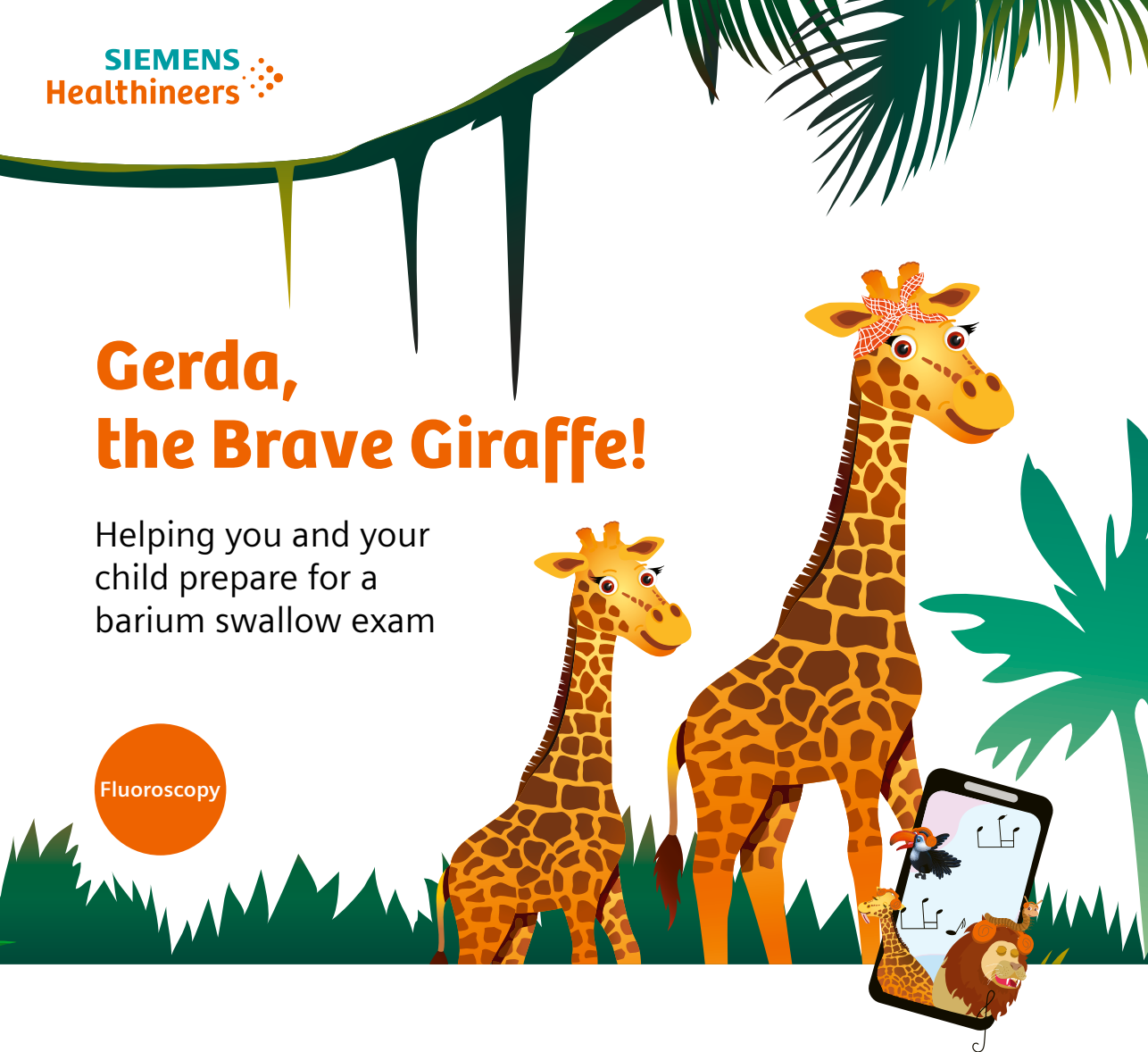


Gerda, the Brave Giraffe!

Helping you and your
child prepare for a
barium swallow exam

Fluoroscopy









Attention

This is where the story begins with the **barium swallow examination** of the esophagus and the stomach. If you want to know more about the **voiding cystourethrogram (VCUG) examination**, please turn the book.

Hi there!

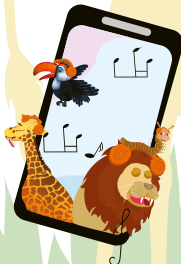
Welcome to your barium swallow book.
Reading it can help you get ready for your barium swallow exam.



JOIN IN!

When you see this symbol, you can help the story along!

Whether tilting, searching, swiping or clapping,
we invite you to actively join in.



This symbol lets you know there may
be an audio book or song available.
Just scan the QR code to start listening!



Hello! I'm Gerda, the little giraffe.

I love to zip around the jungle all day,
so much, that my mom likes to say:
"Gerda, will you just stay
in one place for dinner today?"

She wants me to grow big and tall,
so she makes my favorite food of all.
The thing I like most to help me grow,
is very yummy, green Jell-O®!



She has me taste
the many things she bakes.

But when she pulls out the pot,
I'm fixed to my spot.





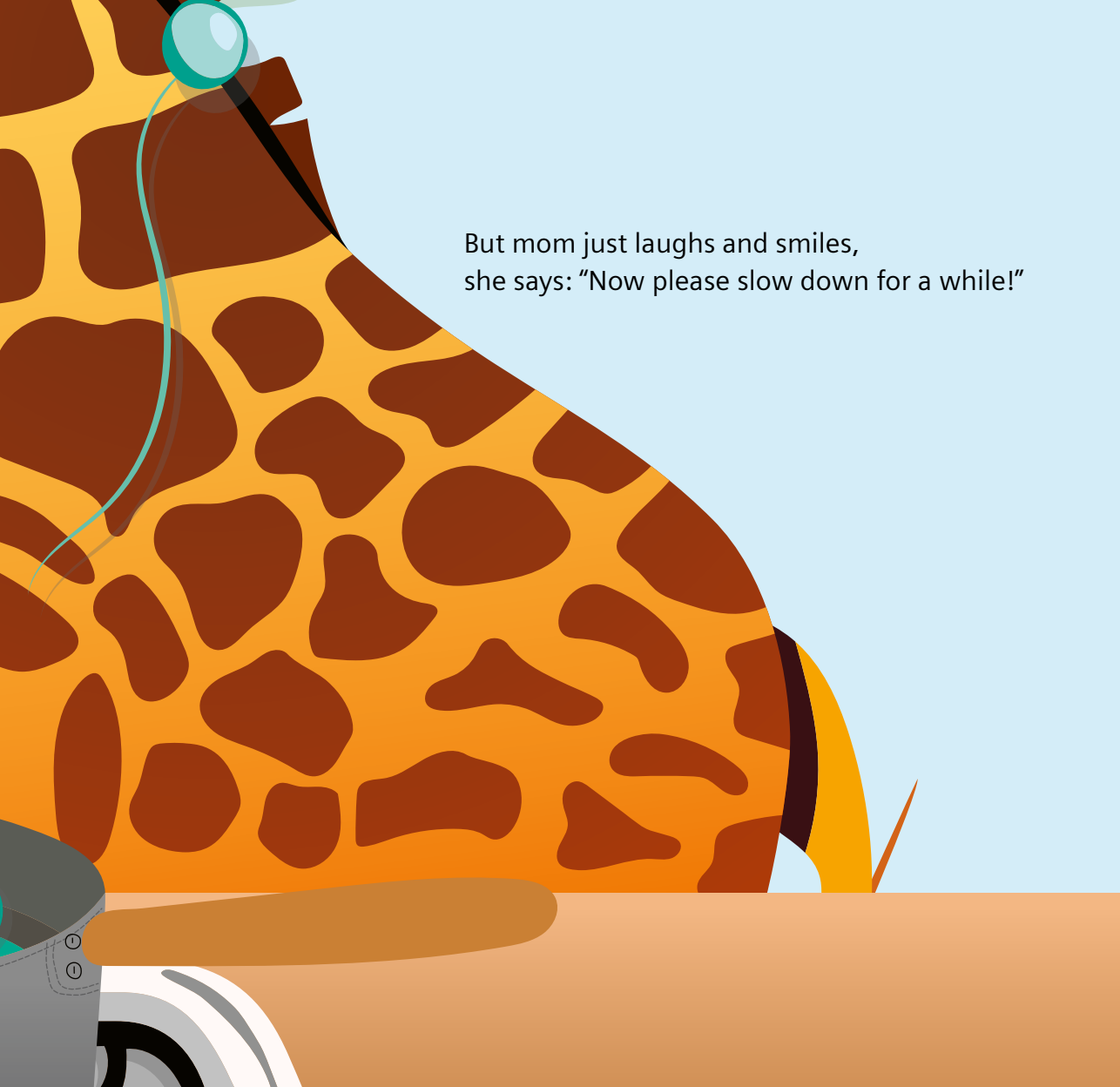
Watching and waiting
for the Jell-O® she's making!

She stirs and stirs and stirs.
I race around the kitchen – in a blur.

Oh no, I am so delighted,
I got overexcited!

I run into mom and her pearl necklace breaks.
That was quite a big mistake.





But mom just laughs and smiles,
she says: "Now please slow down for a while!"



Now, finally! The Jell-O® is ready.
She spoons it out nice and steady!

But for a giraffe, I'm rather small.
"Mom! Mom!" I call,
"I'm not quite able
to reach across the table."

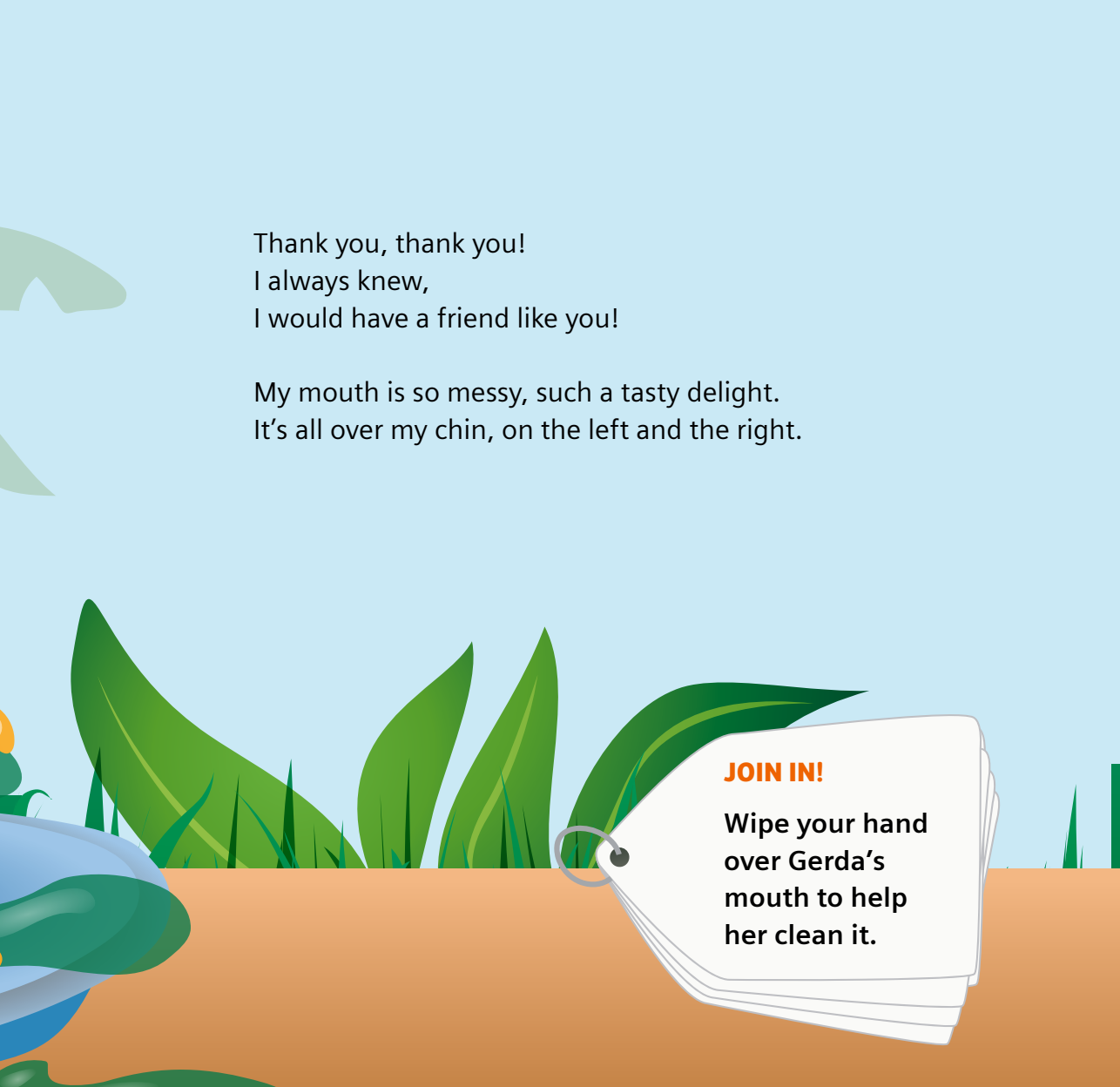
She can't hear me, but wait...
Could you help me get to my plate?

JOIN IN!

**Tilt the book
to the right and
move Gerda
to her Jell-O®.**








Thank you, thank you!
I always knew,
I would have a friend like you!

My mouth is so messy, such a tasty delight.
It's all over my chin, on the left and the right.

JOIN IN!

Wipe your hand
over Gerda's
mouth to help
her clean it.



You always know just what to do.
Thank you for being you!

My friends and I play in the jungle and the trees.
We move so fast. We fly like wild bees!

But suddenly it's not so funny.
There's something wrong with my tummy.



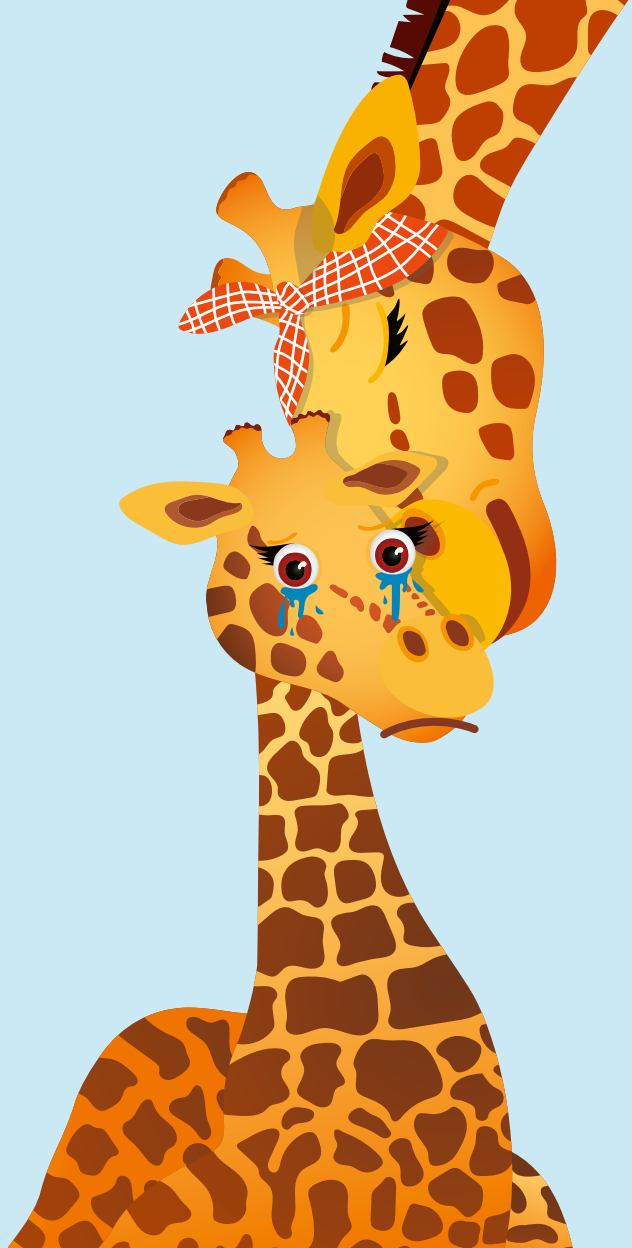


It hurts so much, it makes me cry.
I need to find my mom and ask her why.

JOIN IN!

Rub Gerda's tummy!
Maybe then she'll
feel better?

I see my mom and my tears start to fall.
Did some of the pearls fall into the Jell-O® after all?





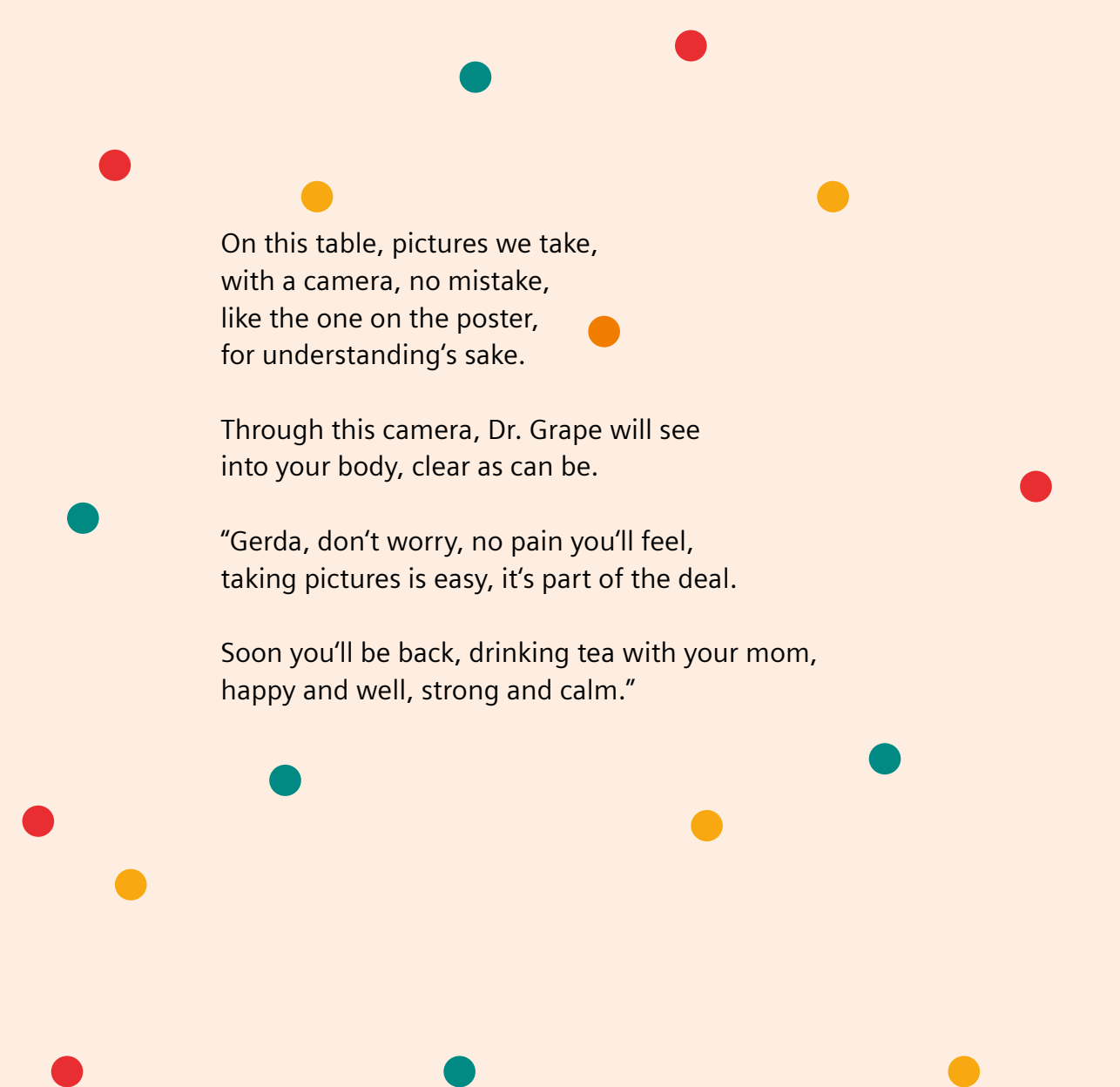
My mom takes me to see Dr. Grape.
She says he's like a superhero without the cape.

But Dr. Grape can't look inside my tummy with just his eyes,
but I still trust him and take his advice.
His medical skills are in demand,
beyond the forest in the most distant lands.



To find out what's wrong with me,
there is a special jungle table,
come and see.

Just take a look,
you'll be so keen.
It's jungle magic,
like you've never seen.



On this table, pictures we take,
with a camera, no mistake,
like the one on the poster,
for understanding's sake.

Through this camera, Dr. Grape will see
into your body, clear as can be.

"Gerda, don't worry, no pain you'll feel,
taking pictures is easy, it's part of the deal.

Soon you'll be back, drinking tea with your mom,
happy and well, strong and calm."







At home, mom reads me a book
about the jungle table with the magic camera.
Here, take a look.

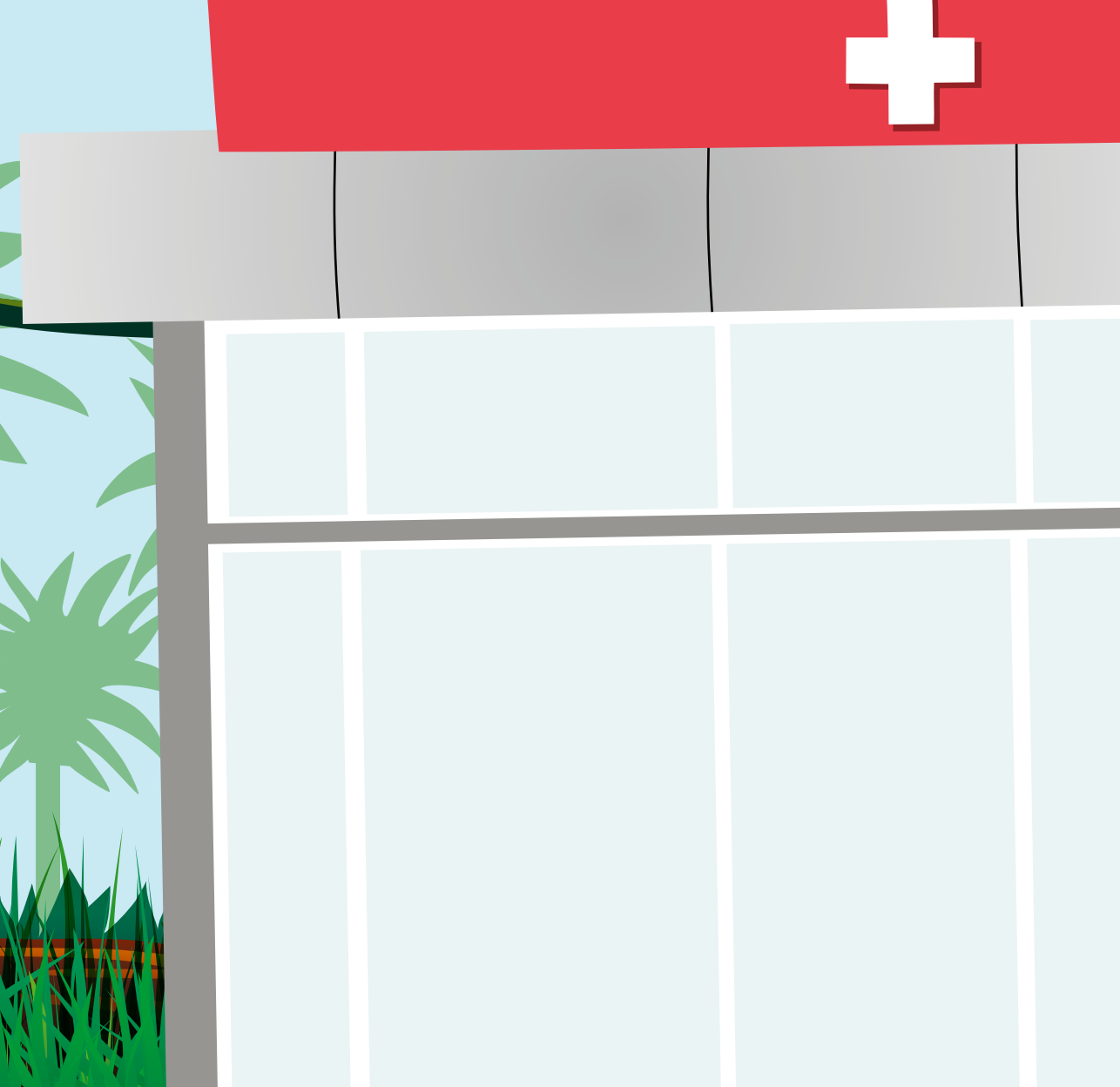
My mom reads so well and is so caring.
It makes me feel much more daring.



The time has finally come, I know.
Everyone is getting ready to go.

We're off to the hospital, to radiology.
It's my first time. I can't wait to see!





Metal makes the pictures look bad.
So, empty your pockets of
anything metal you have.



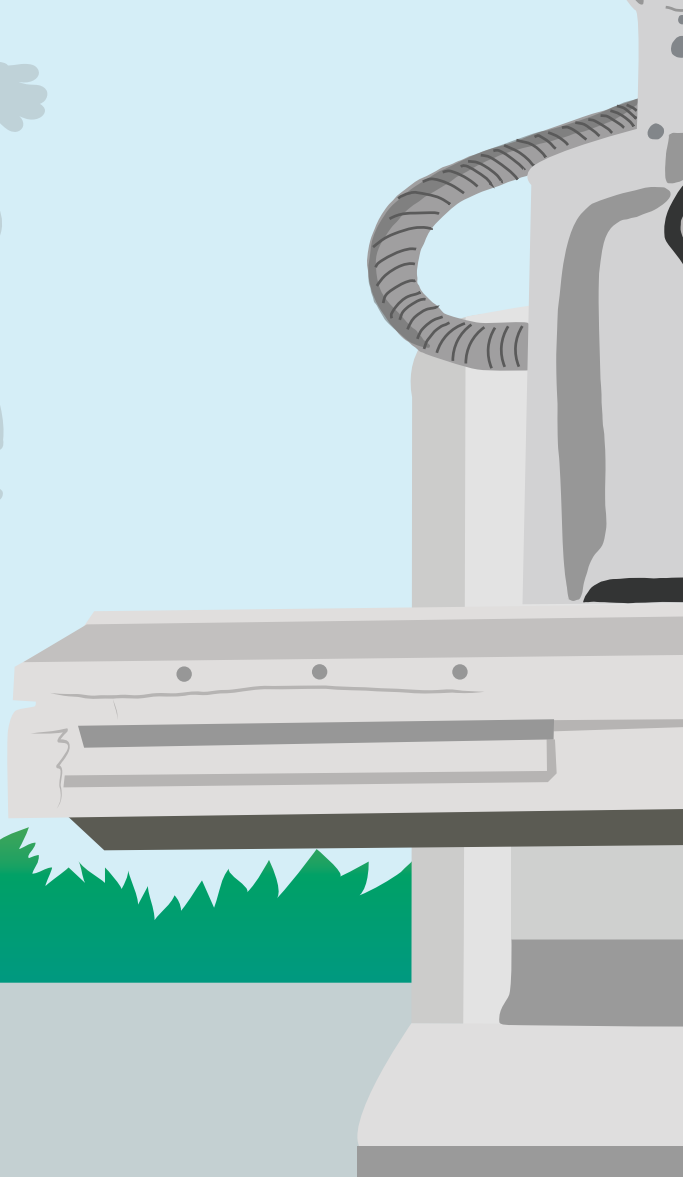


JOIN IN!

Everyone is
wearing something
that can't go on
the jungle table.
Can you spot the
metal objects?









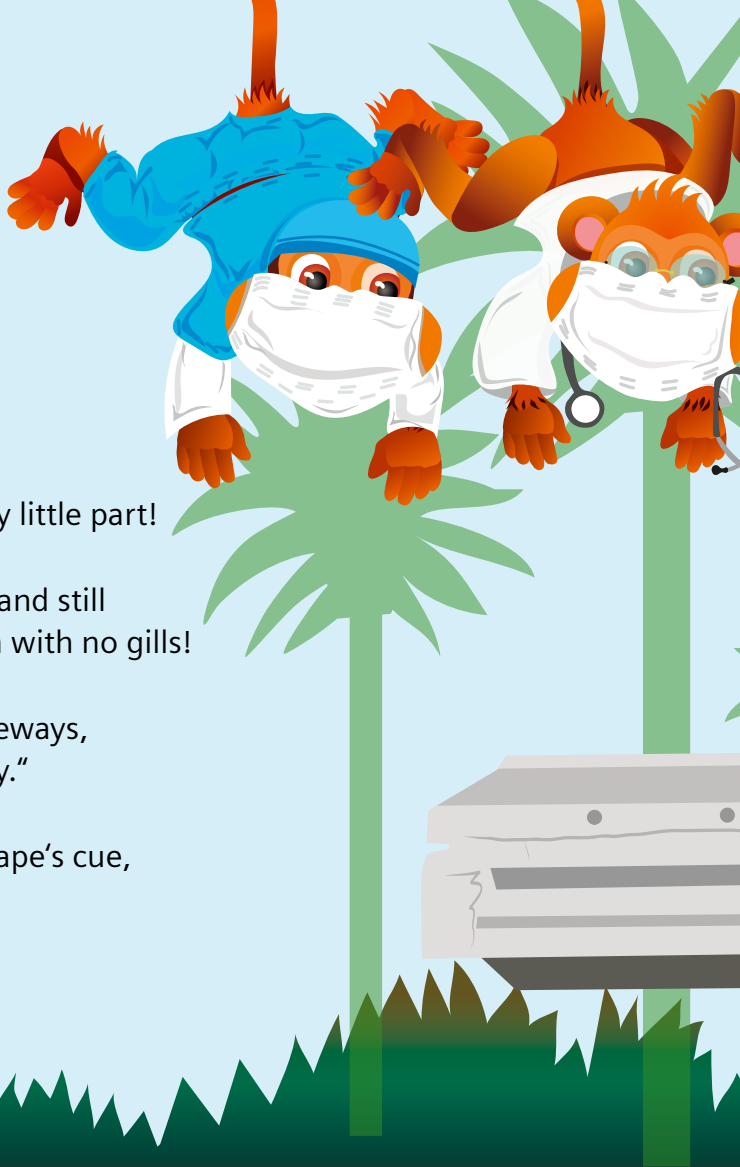
Now, it's time!
I think, I'll be fine.

The doctor is very smart
and explains the details of every little part!

“You lay on a long table calmly and still
and don’t flop around like a fish with no gills!

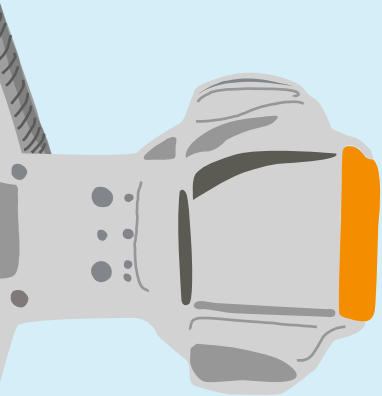
The table is now positioned sideways,
so easy for more positions to lay.”

I may have to pivot upon Dr. Grape’s cue,
it’s a simple task I have to do.





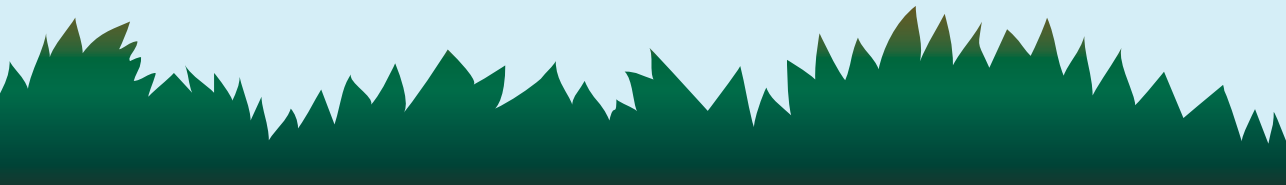




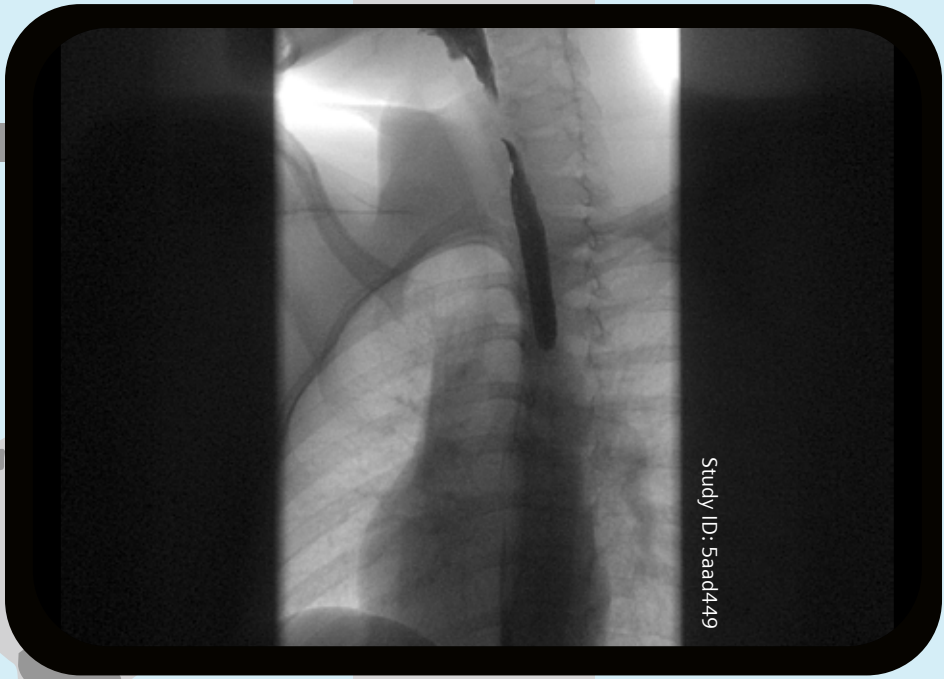
Then comes the magic water, I take a sip or two,
turn around for Dr. Grape, it's something new.

Tastes a bit odd, this contrast water brew,
but it helps see my insides, it's true!

Dr. Grape starts the pictures, with a gentle cue,
capturing my body, as he knows what to do.





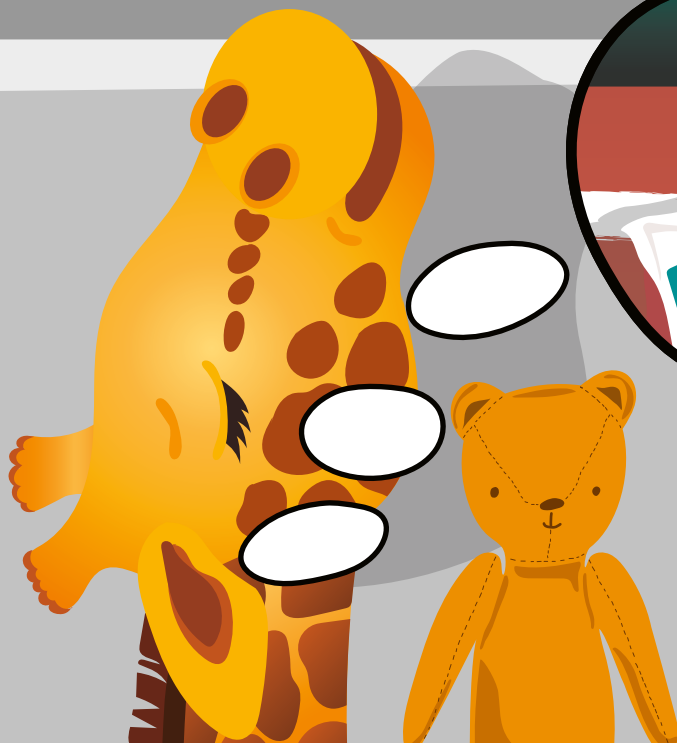


I drink the magic water, in the photo, it's true,
we can spot it there, in a black shape too.

When Dr. Grape says "swallow", as he'll do,
I'm prepared and ready to do what I have to!

I'm very quiet with the camera, so serene,
embarking on a journey, like in a dream.

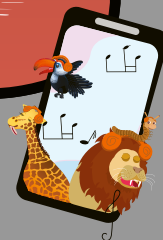
I pretend the magic water's tasty and nice,
giving strength and courage, it's my little device.





Scan the QR
code and start
listening!

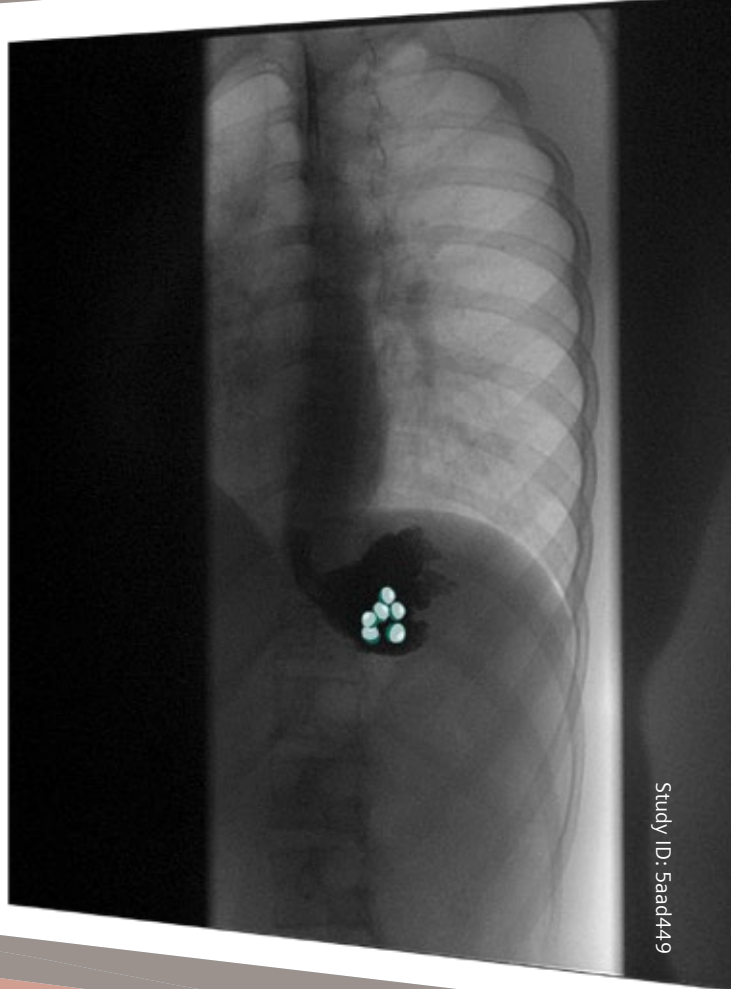
Feeling quite comfy, in this quiet scene,
turning on Dr. Grape's signal, like a routine.



Wow! Look at those pictures, so neat and clear,
showing details that make everything appear!

Hey, that's my tummy, cool and in view,
and look, there's Mom's pearls too.





JOIN IN!

Can you find
the pearls in
Gerda's tummy?

Dr. Grape says I am so brave.
He gives me a medal I can save.









The doctor says the pearls will come out on their own,
when I sit on the toilet inside our home.

So mom and I go back to the jungle
and when the pearls come out, she lets me tumble.

With my friends, I jump and run
and get back to our usual fun.





For parents

An explanation of your child's barium swallow examination

The purpose of this book is to help children and their parents better understand how a barium swallow examination works and get ready for their exams.

The barium swallow examination is a special X-ray examination to examine the esophagus and the transition to the stomach.

The examination usually takes place in a standing position to represent the passage of food during swallowing. For this purpose, the patient is given a contrast agent to drink. With a fluoroscopy system that generates X-rays, several images are taken when swallowing the contrast agent. This allows the function of the esophagus to be assessed. The procedure is then referred to as an (X-ray) fluoroscopy examination.



What is a fluoroscopy examination?

In a fluoroscopy examination, images are taken and replayed in a series using a certain technique, similar to a movie. Compared to conventional X-rays, in which only a single X-ray image is taken, the special serial technique allows an assessment of functional processes in the body, such as swallowing, the excretion of urine or blood flow. The fluoroscopy examination can also be utilized for various other diagnostic procedures.

It is referred to as “fluoroscopy” because the X-rays generated by the fluoroscopy system penetrate the patient’s body, interact there and are then captured by a detector and reproduced as images. This enables the doctor to get an accurate picture of what is happening in the body. The fluoroscopy examination is painless.

Thanks to the special programs, but also due to the ever-improving technology, it is now possible to generate images with very low-dose X-rays. At the same time, the radiation exposure also depends on the respective examination and the duration.



Behavioral guidelines during X-ray procedures

As with a photo, the calmer the object being photographed, the better the image captured. The same applies to the use of X-rays for imaging. The patient should not move during the scan to ensure that the images are generated as accurately as possible and to make it easier for the doctor to make a diagnosis.

Usually, it is possible and even desirable for an accompanying person to remain with the child during the examination to have a calming and positive effect on the child. For this purpose, you as a parent or guardian will be given an X-ray apron to put on, which you must wear during the examination. The X-rays used for the examination are invisible and painless. Despite the very low radiation doses that occur to a patient today, the radiation exposure for everyone involved in an examination should always be reduced to a minimum. To be on the safe side, pregnant women should not be in the examination room.



When is a contrast agent necessary?

Contrast agents are used to (better) visualize organs in the body that are otherwise hardly distinguishable by X-rays due to their similar density. Especially in the case of hollow organs such as the esophagus, intestines or bladder, it can be useful to use a contrast agent to make the organs visible in the X-ray image.

Contrast agents can be ingested, inserted via catheters or similar methods, or injected into blood vessels and joints. They represent an artificial contrast on the images, which can help or even be necessary for interpreting the images. When and whether a contrast agent is necessary is decided by the doctor depending on the patient and the question to be answered by the examination. The contrast agent is excreted by the body on its own within a short time.

How long does the fluoroscopy examination take?

The average time is 15–20 minutes. Including preparation time, 45 minutes are to be expected. It is important that your child is relaxed during the examination and can follow the doctor's instructions.

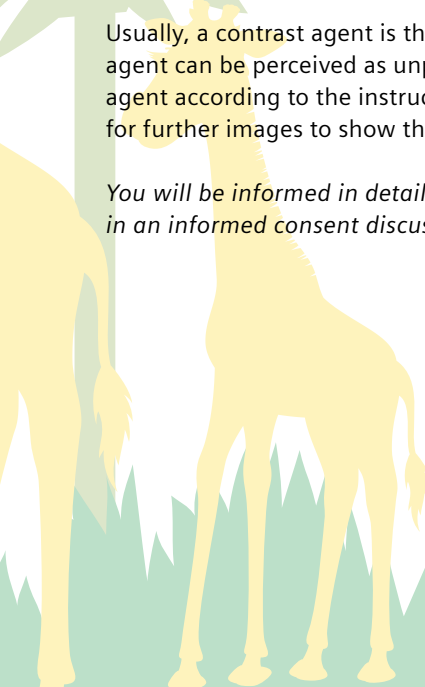


What does a barium swallow examination feel like?

The barium swallow examination is painless for your child. The child is usually positioned standing by the medical staff at the fluoroscopy machine. In the case of small children and babies, the examination can also be carried out lying down or in an inclined position. The X-ray tube of the fluoroscopy system is aligned and adjusted to the esophagus. The system, which is very large, especially for small patients, can potentially frighten your child. Thus, empathetically supporting your child is key to easing their anxiety and ensuring the procedure's success.

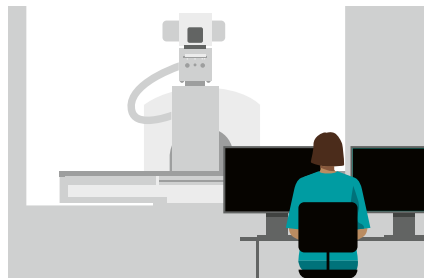
Usually, a contrast agent is then administered for swallowing. The taste of the contrast agent can be perceived as unpleasant. Again, try to help your child take the contrast agent according to the instructions. If necessary, the medical staff will rotate the child for further images to show the esophagus from different angles.

You will be informed in detail about the exact examination, the procedure and its risks in an informed consent discussion.

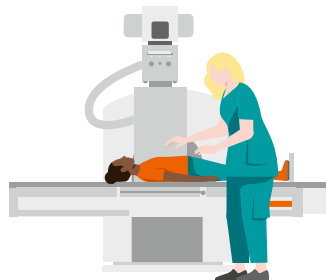


Reminders for your fluoroscopy examinations

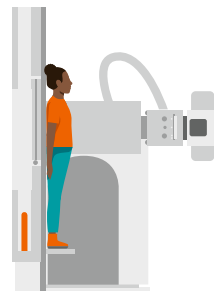
- 1 Depending on the patient's diagnosis, a specific contrast agent will be chosen.



- 2 To protect against the radiation, the child and parents wear lead aprons. The height of the device table is adjustable so the child can easily and safely climb onto it. First, the pediatric patient is in the reclined position on the table.

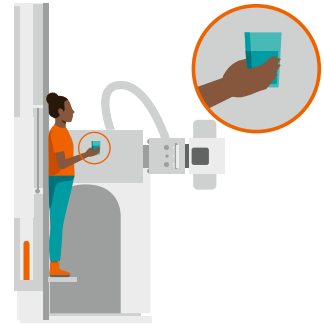


- 3 The device can be put into various positions. If it is turned 90 degrees, the child will stand on a footrest and hold on to handles. The radiation is kept as low as possible during the examination by means of specific presettings.



4

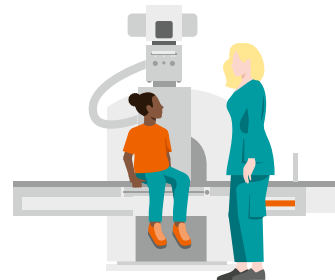
The pediatric patient will be instructed to drink the contrast agent quickly. The radiologist will press the start button and release the X-rays. Upon instruction from the doctor, the child must change position and drink more contrast agent. The examination process is repeated from this perspective. Moving images can be seen on the monitors in real time. The contrast agent makes the functionality of the affected organs visible.



What does a fluoroscopy feel like?

5

The child will not feel any pain during the examination. The diagnostic examination is non-invasive. Only the contrast agent will be administered and, if needed, a change in position to the left or right may be necessary. The scanning system has a large opening between an X-ray tube and the table. The child can easily climb on and off the table.



The most important points, in brief

A fluoroscopy examination is a safe and effective method to diagnose conditions and changes in the body, so the best possible treatment can be provided.



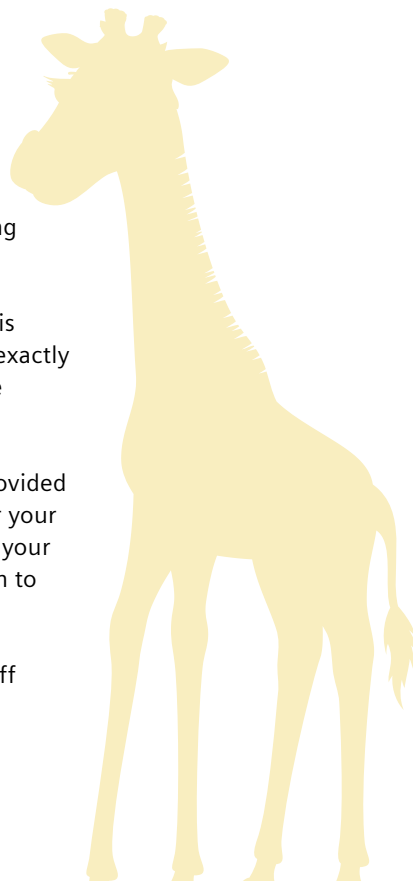
Scan the QR code
and start listening!





Tips for a positive experience

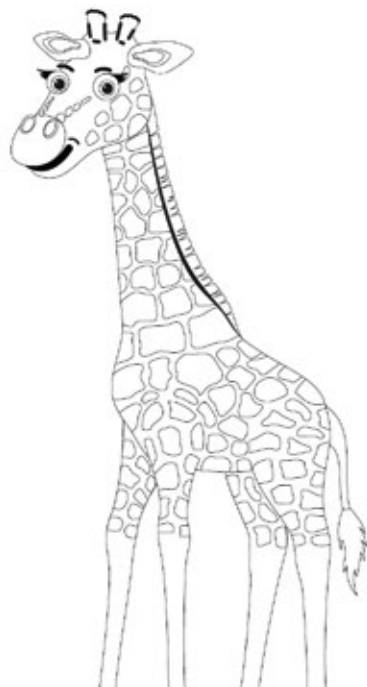
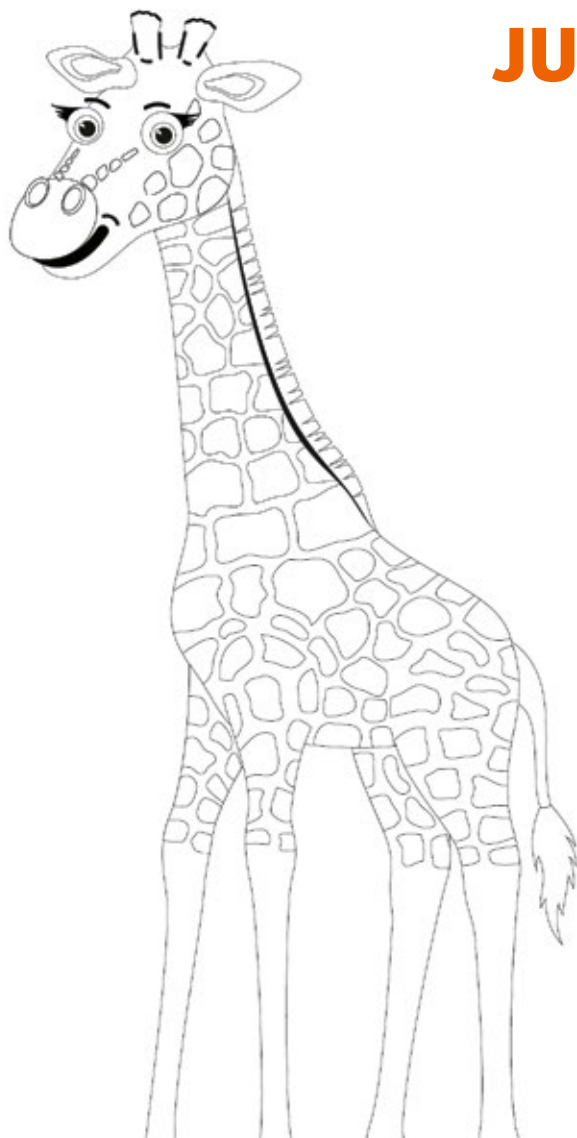
1. Wear comfortable clothing. Children should wear clothes without metal buttons, zippers, or decorations that contain metal.
2. Bring a favorite stuffed animal (without metal parts).
3. Ask if audio books or music you bring with you can be played during the exam.
4. Be sure to follow instructions regarding eating and drinking before the examination.
5. Explain to your child that the purpose of the examination is to look into the body from outside, so the doctor can see exactly what is wrong. It is a noninvasive examination that can be interrupted at any time and will not hurt at all!
6. If your child is to be given a contrast agent, you will be provided with comprehensive information in advance and asked for your informed consent. Please notify the doctor immediately if your child has an allergic reaction to the contrast agent. Explain to your child why the contrast agent is needed.
7. Parents, be confident and relaxed. Your attitude will rub off on your child.
8. Praise your child after the examination.





JUNGLE WORLD

to color





The image features a minimalist jungle-themed background. At the top left, a dark green tree branch extends horizontally, with several long, thin, dark green leaves hanging down from it. At the bottom of the image, there is a dense, dark green silhouette of a grassy or bushy area. The central text is positioned in the upper right quadrant.

JUNGLE WORLD

for stickers

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