

Barium

Barium (bayr-ee-uhm)
Tested in: Urine and Water
Reported in: Water Only

Learn how you can protect yourself and your family.



Is there an unsafe level of barium in water?

The EPA says that there is too much barium when levels are higher than 2 mg/L. Check your laboratory test report to see your personalized results.



Is it possible to remove barium from drinking water?

Yes, you may be able to reduce the amount of chemicals in your water. First, it is important to find out how chemicals may be getting into your water. We recommend that you contact your county's environmental health department or a well specialist. They may want to test your water for bacteria or nitrate or look at your well for any damage. Testing for bacteria or nitrate may be available for free through your county.

You may also be able to install an in-home treatment system to reduce chemicals in the water you drink. Not all treatment systems remove all chemicals. Talk to a water treatment specialist to determine the best options for the chemical(s) that may have been found in your water tests.



Will exposure to barium harm my health?

Exposure to barium may harm your

- cardiovascular system
- gastrointestinal system
- reproductive system



Are there other ways I could limit my exposure to barium?

- Follow all safety precautions if you work with barium.

What is barium?

Barium is a chemical that is common in surface water (lakes, ponds, streams, and rivers) and groundwater (the underground water used by private wells). Barium is used to make many products. Barium is used to make drilling muds, paint, bricks, tiles, glass, rubber, depilatories, fireworks, plastic stabilizers, and ceramics. It is also used by doctors as an x-ray contrast for the gastrointestinal tract.

Where can I find more information?

- https://www.cdc.gov/biomonitoring/Barium_BiomonitoringSummary.html
- <https://www.atsdr.cdc.gov/az/b.html>