

Gastric Emptying Scan



Patients must also read their appointment letter and any enclosures carefully

What is a Gastric Emptying Scan?

A gastric emptying scan is a diagnostic procedure, which looks at whether your stomach is emptying normally. It is different to an x-ray and other types of scans. It involves consuming food which is slightly radioactive. This is followed by imaging with a special camera.

How do you prepare for this scan?

Please read the specific instructions on the appointment letter.

If you have an **allergy to eggs, normal white bread or strawberry jam** please let us know in advance by calling the telephone number at the end of this leaflet.

If you are diabetic, please bring your blood monitoring equipment with you and the morning dose which may be taken with the meal. You may be asked to measure your blood sugar levels more than once during the test.

Please do not smoke, eat or drink for six hours prior to the test. You will also not be able to eat, drink or smoke during the test (at least four hours).

Females: Due to the radiation involved, there is a very small risk to an unborn or breastfeeding child. Therefore, it is important that you let us know in advance if you are, or may be, **pregnant or breastfeeding**.

Who can come with you for this scan?

It is fine if you want someone to come with you on the day of the scan. However, because we only have one waiting room, we advise you not to be accompanied by children or pregnant women to help to minimise the radiation exposure to these people.

Finding the Nuclear Medicine Department

The Nuclear Medicine Department is located in Zone C, Department C16.

How is the scan performed?

A technician will prepare scrambled eggs on toast with jam and a glass of water. The egg will contain a small amount of radioactive liquid. This will **not** make you feel any different.

Immediately after your meal, you will stand between two cameras. If you are unable to stand you may lie down. Pictures of the stomach area will be taken; these will only take one minute each. During the first hour three images will be taken, after this they will be repeated at hourly intervals for four hours.

We will provide you with a gown so that we can access your skin to put some markers on you. For this, you will need to remove clothes above your waist, but female patients can keep their bra on. You will **not** be enclosed in a tunnel and you will **not** be left alone during the scan.

Why do you have to eat scrambled eggs on toast and jam?

A meal containing solids and liquid is needed so we can see how well it moves through the stomach. Scrambled eggs on toast and jam with water have been proven to work well for this test. The only reason we will not give you this is if you have an **allergy to eggs, normal white bread or strawberry jam**. If this is the case, **please let us know** when you receive the letter.

How will this scan affect you?

You should not feel any different. The scan will not affect your ability to drive home so it is not necessary for anyone to accompany you unless you so wish.

For **24 hours** after the scan, all patients should sit on the toilet when passing urine.

Drugs that will interfere with your scan

The drugs listed below stop the scan from working properly. If you are taking any of these drugs, or if you are taking any preparation containing these drugs, please stop taking them according to the timescale below.

Name of drug	Time to discontinue
Metoclopramide (Reglan)	These medications must be stopped 48 hours prior to the test. Please check with your GP before stopping any medication.
Tegaserod (Zelnorm)	
Erythromycin	
Domperidone (Motilium)	
Demerol	Please do not take laxatives.
Codeine	
Morphine	
Oxycontin	
Percodan	
Percocet	
Valium	
Librax	
Ativan	
Thorazine	
Bentyl	
Donnatal	
Levsin	
Robinal	
Drugs to make us aware of	
Atropine	Please phone the department before your scan to find out whether these medications need to be stopped.
Nifedipine	
Progesterone	
Octreotide	
Theophylline	
Benzodiazepine	
Phenotolimine	

Are there any risks from the radioactive liquid?

The radioactive liquid is used as sparingly as possible and the benefits of this scan far outweigh the small risk from radiation. The radiation dose you will receive is similar to the radiation that you receive from natural sources in a month. The substance is quickly eliminated from your body, and you can help this by drinking plenty of fluid for the rest of the day and emptying your bladder more often than normal.

Will the radiation affect other people?

The radiation dose to other people around you is low and is therefore not a cause for concern.

How will you get the results?

You will not be given any results on the day of the scan. The consultant radiologist will, within a few days, send a report to the doctor or specialist who referred you for the scan.

Travelling after your scan

Some airports, seaports, train stations, bus stations and major sporting event venues have installed very sensitive radiation detectors. It is possible that these detectors may be triggered by the small amount of radioactivity remaining in your body on the days following your scan. Therefore, if you are planning to travel within **seven days** following your scan, it is recommended that you carry your appointment letter to show to officials if necessary.

Additional Information:

If you have any concerns or questions with regard to this procedure, or you need this information in another format such as larger print, please telephone the Nuclear Medicine Department on the phone number below.

Nuclear Medicine Department: 01225 824076