

Nuclear Medicine

Gastric Emptying Scan

Patient Information Sheet

A gastric emptying scan is a diagnostic procedure which looks at whether your stomach is emptying normally. It involves having a drink containing a small amount of radioactive tracer. This is followed by imaging with a gamma camera.

Preparation for your appointment

It is important you follow the instructions below:-

Please phone 01225 824080 once you have read and understood the letter to discuss and check any medication as there are a number that may interfere with the test.

If you are **diabetic** your fasting blood glucose needs to be 18mmol/L or below for the scan to proceed. Please bring your monitoring equipment with you and your morning dose which may need to be taken with the meal.

Please make sure you read the drug stop list at the end of this sheet.

Please complete the **patient questionnaire** and bring it with you.

If you have any **food allergies or intolerances** or any special dietary requirements, please call to let us know before your appointment. The milkshake style drink is vegetarian and contains soy.

Please DO NOT SMOKE, EAT OR DRINK for six hours prior to the test. You will also not be able to smoke, eat or drink during the test (two hours).

Are there any risks from the radioactive tracer?

The radioactive tracer 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 received from natural sources in 1 month. Drinking plenty of fluids and emptying your bladder regularly will help to remove the radiation faster.

There are no restrictions for spending time with others after your scan as the radiation dose is very low and will not affect others.

Pregnancy and Breastfeeding

Due to the radiation involved, there is a 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.

If you are female and between the ages of 12 and 55, you will be asked to complete a form confirming that you are not pregnant or breastfeeding.

If you were registered as female at birth and you are transgender with male healthcare records, please talk to the technologist at your appointment. This information will not be recorded or shared without your consent.

How is the scan performed?

A technician will prepare five cups of a milkshake-style drink called Fortisip combined with a small amount of radioactive tracer. The tracer will not make you feel any different. Following drinking the five cups, you will be asked to stand between two gamma cameras. Pictures of your stomach will be collected at intervals until 13 images have been collected over two hours. Each picture takes 1 minute. Please wear comfortable, loose clothing so that markers can be placed on your skin during your scan.

After your scan

For 24 hours after your appointment you should use the toilet sitting down to avoid splashes as your urine will be slightly radioactive. This is to make sure that all the urine gets properly flushed down the toilet.

Results

Results will be sent to the doctor or specialist who referred you for the scan in 2-3 weeks.

Travelling after your scan

Some major event/ transport venues have very sensitive radiation detectors. These detectors could be triggered by the small amount of radioactivity remaining in your body on the days following your scan. If you're planning to travel within **7 days** following your scan, we recommend that you carry your appointment letter with you.

Information for other hospitals or care homes

Within the 4 days following your scan:

If you are admitted to a care home or hospital (other than the RUH), or if you are cared for by a healthcare worker in your home, please ask them to contact the RUH Clinical Imaging and Measurement Department. Their employer might need to register with the Health and Safety Executive to show that their staff are aware of the small amount of radioactivity that is present for a few days after your scan.

If you have any concerns or questions about your scan, or you need this information in another format such as larger print, please telephone the Clinical Imaging and Measurement Department. Clinical Imaging and Measurement (B58): **01225 824080**

Clinical Imaging and Measurement Department
Zone B, Department B58
Royal United Hospitals Bath NHS Foundation Trust
Combe Park, Bath, BA1 3NG
01225 824080 | www.ruh.nhs.uk

Please contact the Patient Advice and Liaison Service (PALS) if you would like to feedback your experience of the hospital. Email ruh-tr.pals@nhs.net or telephone **01225 825656**

Gastric Emptying Questionnaire

Weight: Height:		
Main symptom e.g. heartburn		
Are you diabetic? How long have you had it? Number of years. Medication: please list	Y/N	
Do you measure glucose levels in the morning? If so what was the reading this morning?	Y/N	
Do you take pain medication? How often and when was last one taken? Which ones: please list	Y/N	
Do you take medication to speed up the GI system, stomach or colon? When was last one taken? Which ones; please list.	Y/N	
Have you had any GI tract surgery? Please describe	Y/N	
Have you stopped any medications for this test? If so, what? When?		
Have you ever taken weight loss medications? If so, what/when?	Y/N	

Technologist signature:

Date:

Name of drug	Time to discontinue
Tirzepatide (Mounjaro) Semaglutide (Wegovy, Ozempic) Liraglutide (Saxenda)	These medications may need to be stopped for at least 3 – 4 weeks prior to a gastric emptying study, so it is important to phone us to discuss as soon as possible.
Metoclopramide(Reglan)	These medications must be stopped 2 days prior to the test. Please inform your GP before stopping any medication. Please do not take laxatives.
Tegaserod (Zelnorm)	
Erythromycin	
Domperidone(Motilium)	
Demerol	
Codeine	
Morphine	
Oxycontin	
Percodan	
Percocet	
Valium	
Librax	
Ativan	
Thorazine	
Bentyl	
Donnatal	
Levsin	
Robinal	
Drugs to be aware of. Patients are asked to phone department if they are taking any of these.	
Atropine	
Nifedipine	
Progesterone	
Octreotide	
Theophylline	
Benzodiazepine	
Phenotolimine	

