



Your Gastric Emptying Scan Explained (NGEDU)

Please read this leaflet carefully as it contains information on preparing for the scan

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References

If you require a full list of references for this leaflet please email patient.information@ulh.nhs.uk

The Trust endeavours to ensure that the information given here is accurate and impartial.



If you require this information in another language, large print, audio (CD or tape) or braille please email the Patient Information team patient.information@ulh.nhs.uk

Aim of the leaflet

This leaflet is aimed at the patients having a Gastric Emptying Scan and aims to tell you what a Gastric Emptying Scan is and to tell you what will happen.

General information

A doctor has asked us to take pictures of your abdomen using a special camera.

If the appointment clashes with another outpatient appointment, or you are unable to attend on this day, please contact the department as soon as possible. We can then reschedule the test and assign the appointment to another patient. This will help to reduce our waiting lists and operating costs.

As the test involves small amounts of radiation, we ask that you are not accompanied by children under 18 or pregnant women. You may bring one adult with you to the department.

The complete test will take approximately 4 $\frac{1}{2}$ hours to complete.

What does the test involve?

You will be given a small radioactive meal of egg whites with toast and jam. This will just be like eating a normal meal and there should be no ill effects from the meal. Immediately after the meal is finished, we will take pictures using a special camera (see photo overleaf, you will be stood for the images). For the first hour, you will be in the camera room having images taken over that time. N.B. You will be asked to **stand for the scan** (you will be given regular breaks). Please contact the department if this will be a problem for you. Further images are taken periodically for up to 4 hours after the completion of the meal. This will enable us to see how the meal moves through your intestine.

Preparation

If you are pregnant or breast-feeding you must inform the department as quickly as possible as special arrangements may have to be made.

The test requires you to eat eggs, bread and jam, if this is a problem please contact the department immediately.

For the test to give us an accurate result we require you to fast from midnight of the day of the test. You can drink clear liquids. **You may not smoke from midnight of the day of the test or throughout the study.**

If you are taking antispasmodics, prokinetics or opiates, you must consult your doctor to discuss any changes to medication at least one week prior to the test.

Please bring a list of any medication that you are on with you to the department (your repeat prescription sheet if possible).

After the test

When the test is completed the images will be reviewed and a written report sent to the referring doctor. A doctor will then explain the test results at a later date.

The patient must take extra care to wash their hands thoroughly after visiting the toilet and flush the toilet twice for the rest of the day following the test.

The camera

The special camera that takes the pictures has an open design and the majority of patients complete the test without any discomfort.