

# Patient Information on Gastric Emptying Scintigraphy

Your doctor has ordered a test which will permit evaluation of how ingested food moves through your stomach. These studies will be performed in the Nuclear Medicine Section.

## Preparation for the Gastric Emptying Test:

- You should not eat any food after midnight the night before the test. Unless otherwise directed by your physician, you may continue your normal medications which could be taken with a small amount of water or juice up to two hours prior to your study, but we request that you refrain from coffee or tea.
- Some medications are generally stopped for this test. This should be discussed with your doctor or health care provider. Drugs that affect gastric emptying such as Reglan (metoclopramide), Zelnorm (tegaserod), erythromycin, Motilium (domperidone) and antispasmodics such as Bentyl, Donnatal, Levsin, Robinul are usually stopped for three days prior to this test. Do not take any laxatives on the day before or any time during your study.
- Unless otherwise directed by your doctor, the following medications should not be taken for two days prior to your test. These include:
  - Pain medications such as Demerol, codeine, morphine, oxycontin, percodan, percocet.
  - Sedatives or tranquilizers, such as Valium, Librax, Ativan or Thorazine.
- If you have diabetes, skipping breakfast may affect your need for diabetic medication. If you are a diabetic and on insulin, we request that you bring your regular morning dose of insulin with you. You can take this with the meal that will be given to you. We may reduce your insulin dose to adjust for the small size of the breakfast. Often half of your insulin is taken with the test meal. If you take oral hypoglycemic medications, generally these are taken with the meal at Nuclear Medicine. If there are any questions concerning your dose of insulin this should be discussed with your physician or asking for one of the Nuclear Medicine physicians.
- Women, please note: This test cannot be performed if you are pregnant. Inform your physician or nurse if you are pregnant or think you may be pregnant. You will be asked if there is the possibility of pregnancy.

## Description of the Gastric Emptying Test:

- For this test, you will be asked to eat a meal which consists of 2 scrambled eggs on toast together with water. The meal has been labeled with an isotope which will permit pictures to be taken as the meal passes through the stomach and the GI tract.
- Pictures are usually acquired with you standing first facing and then with your back to the camera. Additional images may be taken with you lying down. Between the images you will be permitted to walk about and continue normal activities. It is suggested that you bring some reading material and/or a "Walkman" or "iPod" if you have personal music preferences. These studies require no tubes in your mouth or stomach and try to simulate normal daily activities. The nuclear medicine section is slightly cooler than the rest of the hospital, and you may want to bring a sweater with you.

- The gastric emptying test generally takes four hours once it is started.