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## *GASTRIC EMPTING STUDY*

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### **What is a Gastric Emptying Study and why is it done?**

A Gastric Emptying Study is a study that is done to determine how long it takes food to move through a person's stomach. A doctor will often order this study for a patient with Gastroparesis, abdominal pain, gastric obstruction and early satiety.

### **How to prepare for a Gastric Emptying Study:**

- No barium studies 24 hours prior to the test.
- Nothing to eat 6 hours prior to the test.
- You may have up to 8 oz of water up to 4 hours before your test.
- No alcohol, tea, coffee or smoking for 24 hours prior to the test.
- Eggs are used in the study. Please notify the technologist if you have an allergy to eggs.
- No narcotics for 6 hours prior to your test.
- Pain patches must be removed 72 hours prior to the exam.
- Lidocaine patches may remain on.
- Discontinue Reglan 24 hours prior to the exam.

### **What to expect:**

A Nuclear Medicine Technologist will greet you in the waiting area and bring you back to the department. You will eat a prepared meal that consists of eggs containing a small amount of a radioactive isotope as

well as toast with butter and jelly. Eight oz of water will also be included with the prepared meal. You will have 10 minutes to eat the meal. It is important that you eat as much of the meal as you can but consuming all of the eggs is essential to the test. If at any time throughout the test you vomit, it is important you tell the technologist.

Once the meal is consumed, Imaging will begin. You will be asked to lay on the imaging table and scanned for 1 minute. You will then head out to the waiting area where you will waiting for 1 hour. At the end of 1 hour you will have another 1 minute image. This process will continue for the next 4 hours. Feel free to bring something to entertain yourself as it is a long test. While you are waiting between images, we ask you do not eat or drink anything. You may walk or sit but do not lay down.

**Post Gastric Emptying Scan:**

There are no side effects from this test. Follow up with your doctor with any questions or concerns.

**Results:**

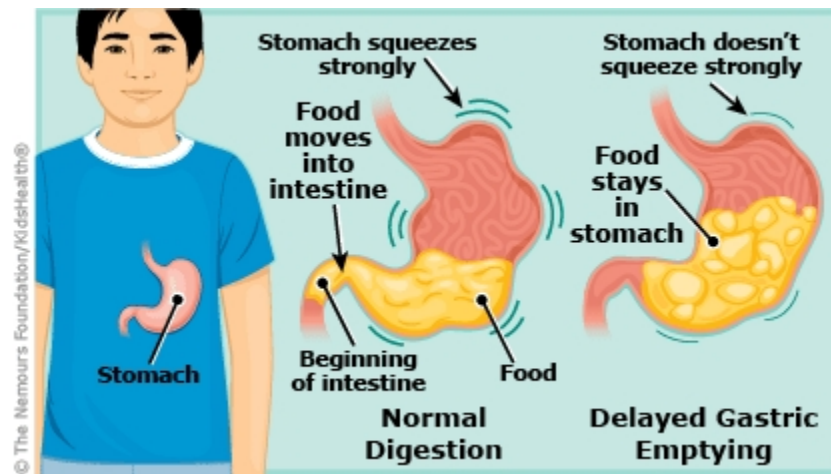


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*Gastroparesis (Delayed Gastric Emptying), KidsHealth.*

<https://johnshopkinsibportal.staywellsolutionsonline.com/infobutton/187,1550>. Accessed 29 June 2021.