



Nuclear Medicine: Gastric Emptying Exam

To Schedule: (319) 861-7778

Questions about Procedure: (319) 398-6050

701 10th Street SE
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What is a Gastric Emptying Exam?

A Gastric Emptying scan is used to determine the amount of time the stomach takes to empty its contents after eating.

Preparation:

- Nothing to eat or drink for 4 hours prior to exam
- If you have an allergy to eggs, inform your physician because the exam cannot be performed
- Insulin dependent diabetic patients should bring their glucometer and insulin to the appointment.
- Diabetic patients should also monitor their blood glucose levels and adjust their morning insulin dose to the prescribed meal. The meal will include 4 ounces of egg beaters, 2 slices of toast, and 30 grams of jelly.
- Prokinetic agents such as metoclopramide (Reglin), tegaserod (Zelnorm), Cisapride (Prepulsid), Bethanechol (Duvoid, Myotonachol, Urecholine) and erythromycin, and medications that delay gastric emptying, such as opiates or anti-spasmodic agents (muscle relaxers), should be stopped 2 days before testing unless the test is done to assess the efficacy of these drugs.
- It is best for premenstrual women to perform the exam on days 1-10 of their cycle.

PLEASE BRING A LIST OF CURRENT MEDICATIONS YOU ARE TAKING.

Procedure:

1. Upon arrival, you will be given two scrambled eggs, labeled with a small amount of radiotracer and two slices of toast with jam that you will need to eat within 10 minutes.
2. A series of pictures will follow the ingestion of the eggs. Images will be done every 30 minutes over a 2 hour duration. You will need to stand for two images, one from the front, the other from behind. Each image lasts 1 minute. Depending on your digestive process you might be asked to take 2 more sets of pictures at 3 hours and 4 hours. Please plan accordingly.
3. You may not eat or drink additional food and beverages until the exam is complete.

Parking/Registration:

Park in the Mercy Medical Center 10th Street Parking Ramp, located at the corner of 10th Street and 8th Ave. SE. You will be pre-registered, so you can proceed to **Ground (G)** level and follow the signs to "Radiology (X-Ray)," also located on Ground (G) level.

Procedure Results (Who interprets the results):

A radiologist will review the images shortly after the exam is completed. A written report will be sent to your doctor. Your doctor will discuss the results with you. Please allow your physician time to review these results, usually 2 business days after the exam.

Your appointment date and time:

Procedure date: _____

Procedure time: _____

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