

Your doctor has referred you for a Nuclear Medicine Gastric Emptying Scan.

It is important that you read the enclosed booklet "Information about your Nuclear Medicine Test" with this leaflet.

What is a Gastric Emptying Scan?

A Gastric Emptying scan is a simple test that lets us take pictures to see how food passes through your stomach.

Do I need to do any special preparation before the Gastric Emptying Scan?

Yes, please fast from midnight the night before your test.

You may sip small amounts of water when fasting.

Please avoid smoking, using nicotine patches or gum on the morning of your test.

Please contact the department beforehand:

If you're diabetic, have any special dietary requirements or have any mobility problems.

Medication

Please continue to take your current medications as normal, unless your doctor advises you to stop them for this test. Please also bring a list of your medications with you to the test.

Diabetic Patients

Please bring your diabetes medication (e.g. insulin) and blood glucose monitor with you, if you have one. You will then be able to take your diabetic medication as normal and if taking insulin, monitor your blood glucose level and adjust your insulin as needed for the breakfast meal. If you forget to bring your diabetic medication with you we may be unable to proceed with your test.

What does a Gastric Emptying Scan involve?

A Gastric scan involves eating a breakfast of cornflakes and milk with a small amount of radioactive material through it. A Gamma camera will then take pictures of your stomach and abdomen.

After the test you can eat and take medication as normal.

The radioactive material used for this scan is manufactured to standards set by the American Chemical Society (ACS) and has safely been used to perform gastric emptying studies for over 20 years.

How long does the scan last?

Scans typically last between 2-2.5 hours.

Your appointment

If you can't make this appointment please tell us as soon as possible – we can arrange another appointment.

Pregnancy and Breastfeeding

Where possible we try to avoid performing Gastric Emptying scans on patients who are, or may be pregnant. Therefore please contact the department if you are:

- Pregnant
- Breast-feeding
- You think you could be pregnant

If you are booking transport through the Scottish Ambulance Service please contact them as soon as possible and advise them you will be in the department for approximately 3 hours.