

## Nuclear Medicine Gastric Emptying Scan

Your doctor would like you to have a Nuclear Medicine Gastric Emptying scan and has arranged for you to visit our department. We would like your visit to be as pleasant as possible and hope this leaflet will answer some of the questions you may have. Should you have any questions regarding your appointment please contact us on the appropriate telephone number below between 9am and 5pm Monday- Friday:

Eastbourne Hospital Appointments – Tel: 0300 131 4797

Conquest Hospital Appointments – Tel: 0300 131 5147

### What is a gastric emptying scan?

The test is to look at how your stomach empties after a meal of eggs and toast. We do this by adding a small amount of radioactivity to the eggs. Images are taken using a Gamma Camera. The pictures will help your doctor understand your illness.

### Is the scan safe?

The amount of radiation you receive is as small as possible and is similar to other X-ray procedures. The radioactivity leaves the body very quickly and it will not make you feel sick or sleepy.

### Do I need to prepare for the scan?

No food or drink and stop smoking (if this applies to you) for at least 4 hours prior to your test. You will also need to stop medications that could affect gastric emptying for 48 hours: these include certain painkillers (opiates, including co-codamol), anticholinergics and tricyclic antidepressants. Please contact us on the appropriate number at the top of this leaflet to discuss your medication.

### Is there anything I should tell the staff before the scan?

If you are unable to eat eggs, butter or regular white bread please contact the department before your appointment date and we will discuss any possible alternatives. If you are on a gluten free diet please bring 2 slices of gluten free bread to your appointment. Women should tell us if they are pregnant, if they think they may be pregnant or if they are breast-feeding. Women between the ages of 12 and 60 will be asked to sign a form on the day of their test to confirm they are not pregnant. If there is any doubt then by law we have to perform a pregnancy test before we can do your test.

### What is involved?

Shortly after you arrive, you will be asked to eat the meal of eggs and toast. Immediately after this we will ask you to stand between two plates of a special type of camera for a one minute picture of your abdomen. If you find it difficult standing we can take the pictures with you lying down. This picture will be repeated after 30 minutes then 1hr, 2hrs 3hrs and 4hrs after your meal. During this time you should not eat, smoke or be too active; you may stay in the department.

## Precautions

You should avoid prolonged close contact with pregnant women and children for 24hrs. Children and pregnant women should not accompany you to the department. You should also avoid blood tests and dental visits during this time. If you are planning to travel abroad within 7 days after your appointment please inform the staff during your appointment.

## What can I do between the scans?

You can leave the hospital or stay with us. Do not eat or smoke.

## What can I do after the scan is completed?

You can go home or to work. You can drive a car and eat and drink normally.

## What happens to the results?

We cannot give you the results of your test. We will send a report to the doctor who asked for the scan as soon as possible.

## Consent

Although you consent for this treatment, you may at any time after that withdraw such consent. Please discuss this with your medical team.

## Sources of information

British Nuclear Medicine Society (BNMS)

## Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

## Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4731 or email: [esh-tr.patientexperience@nhs.net](mailto:esh-tr.patientexperience@nhs.net)

## Hand hygiene

The Trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

## Other formats

**If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.**

**Tel: 0300 131 4500 Email: [esh-tr.AccessibleInformation@nhs.net](mailto:esh-tr.AccessibleInformation@nhs.net)**

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

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## Reference

The following clinicians have been consulted and agreed this patient information:

Dr Emma Owens, Consultant Radiologist, ESHT

Dr David Sallomi, Consultant Radiologist, ESHT

The directorate group that have agreed this patient information leaflet:

Diagnostics, Anaesthetics and Surgery Division

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Responsible clinician/author: Mr Christopher Salt, Nuclear Medicine Modality Manager

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