

Your Child's Gastric Emptying Scan

Your doctor would like your child to have a Nuclear Medicine 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 the appointment please contact us on one of the telephone numbers below between 9:00am and 5.00pm Monday- Friday.

0300 131 4797 or 0300 131 5853

WHAT IS A GASTRIC EMPTYING SCAN?

The test is to look at how your child's stomach empties after a meal. We do this by adding a small amount of radioactive tracer to either a meal of scrambled eggs, porridge or formula milk. The Images are taken using a Gamma Camera. The pictures will help your doctor understand your child's condition.

IS THE SCAN SAFE?

The amount of radiation your child receives 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 your child feel sick or sleepy.

IS THERE ANY PREPARATION FOR THE SCAN?

If possible, your child should have nothing to eat or drink for 4 hours before the scan. If this is not possible, they may drink clear fluids such as water or squash. They may eat as normal after the last scan.

They will also need to stop medications that could affect gastric emptying for 48 hours: these include opiates, anticholinergics and tricyclic antidepressants. Please contact us on the number at the top of this leaflet to check your child's medication.

WHAT IS INVOLVED?

Shortly after you arrive, your child will be asked to eat a meal of; scrambled egg sandwich, porridge or formula milk. Immediately after this we will ask them to stand between two plates of a special type of camera for a one-minute picture of their abdomen. If they are unable to stand, we can take the pictures with them lying down. This picture will be repeated after 30 minutes then 1hr, 1 1/2hr, 2hr 3hr and 4hrs after the meal. During this time they should not eat.

If your child is formula fed please bring 1 feed for us to use as the scan meal.

PRECAUTIONS AFTER THE SCAN

If your child uses nappies please place any used nappies directly in an outside bin for up to 24 hours after the scan meal as some of the radioactive tracer will be present in your child's urine. Children and pregnant women should not accompany your child to the department. Your child should also avoid blood tests and dental visits during this time. If your child is travelling abroad within 7 days after the appointment please inform the staff during the appointment.

WHAT CAN MY CHILD DO AFTER THE SCAN?

Your child can 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

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 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 4434 Email: esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask a member of our team.

REFERENCE

The following clinicians have been consulted and agreed this patient information:
Dr Emma Owens, Consultant Radiologist, ESHT, Dr David Sallomi, Consultant Radiologist,

The directorate group that have agreed this patient information leaflet:
Core Services

Next review date: October 2025
Responsible clinician/author: Mr Christopher Salt, Nuclear Medicine Modality Manager
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