

Nuclear Medicine Gastric Emptying Exam
Pre-exam Information and Instructions

Thank you for choosing Yale New Haven Hospital

We are looking forward to providing you with exceptional care.

Your doctor has recommended that you have a gastric emptying study, which measures the speed with which food leaves the stomach and enters the small intestine. Gastric emptying studies are done to diagnose symptoms that may be related to slow or rapid emptying of the stomach.

Yale New Haven Hospital Preparation for this Exam:

Before Arriving for Your Exam

- Please arrive **15 minutes** early to check in.
- Children accompanying patients during visits:
 - Unfortunately, we cannot routinely supervise your children during your imaging study. We believe that you are best served when we can provide 100% of our attention to you. Therefore, we encourage you to make childcare arrangements or to bring a responsible adult with you to supervise your children.
- Please do not Eat or Drink 6 hours prior to appointment and no narcotics for 24 hours prior to your study.
- Able to eat the test meal: *scrambled eggs, which contain a small amount of radioactivity, with toast and jelly. If you are allergic or unable to eat eggs and/or have a gluten sensitivity, please contact our department at 203-688-1011 option 7.
- Although we do not anticipate any delay in your scheduled appointment, we recommend that you bring a book, magazine or music player to help pass any time you may need to wait.

After Arriving

- Upon arrival, a technologist will explain your procedure and answer any questions you may have.
- ATTENTION Females (ages 10 to 55)
To ensure Radiation Safety, the following is YNHH Policy on pregnancy test for this Radiology exam.
 - PARENTS: To ensure Radiation Safety, YNHH Policy requires that a pregnancy test is performed on all females (ages 10 to 17) prior to the start of the exam that is scheduled.
 - Females (ages 18 to 55) may either sign a waiver stating that there is no chance that you could currently be pregnant, or have the choice to take a pregnancy test prior to the exam

During Your Exam

- You will be asked to eating test meal and then be instructed not to eat or drink anything else until the completion of the exam (after the last picture is taken for the entire exam)
- The meal must be eaten within 10 minutes.
- The first image is taken immediately after the meal, with subsequent images taken at one, two and *four hours. Each image takes just a couple of minutes to perform.
- You will be free to leave the department between images but you must return to reception at the times given by the technologist.
- *A small percentage of patients do not need to have the four-hour image, the technologist will let you know (after your two-hour image) if you will need to return for your 4 hour image.

Exam Duration

- Your visit will take a little over 4 hours, over four appointments. The first appointment (eating the meal and taking the first picture) will take the longest, about 30 minutes. The other three appointments will be only a couple of minutes each. You will be free to leave and return between your appointments.

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After Your Procedure

- There are no restrictions placed on you after this procedure. You may eat and drive as normal.
- Your exam will be interpreted by a Radiologist (a doctor who is an expert in understanding these exams). A report will be sent to your provider, who can review the results with you.

*For more general information on what to expect during your upcoming radiology exam.

Visit this link to **Nuclear Medicine, General at RadiologyInfo.org**

RadiologyInfo.org is the public information resource developed by health care professionals in collaboration with patients. It was established to inform and educate the public about how various x-ray, CT, MRI, ultrasound, radiation therapy and other procedures/exams are performed and what you may experience during your procedure.

RadiologyInfo.org is sponsored by the Radiological Society of North America (RSNA) and the American College of Radiology (ACR).

**Yale New Haven Hospital thanks you for
choosing us to be part of your healthcare team.**