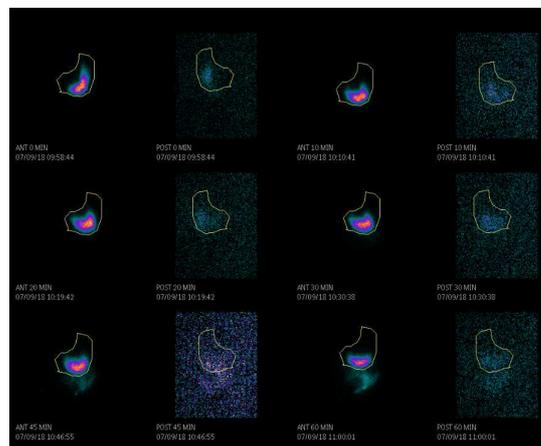


# Nuclear Medicine - Gastric Emptying Study



Name: \_\_\_\_\_

Who to contact and how: \_\_\_\_\_

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Diana, Princess of Wales  
Hospital  
Scarcho Road  
Grimsby  
DN33 2BA  
03033 306999  
[www.nlg.nhs.uk](http://www.nlg.nhs.uk)

Scunthorpe General  
Hospital  
Cliff Gardens  
Scunthorpe  
DN15 7BH  
03033 306999  
[www.nlg.nhs.uk](http://www.nlg.nhs.uk)

Goole & District  
Hospital  
Woodland Avenue  
Goole  
DN14 6RX  
03033 306999  
[www.nlg.nhs.uk](http://www.nlg.nhs.uk)



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# Information for patients

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## Your Visit to the Medical Physics Department Diana, Princess of Wales Hospital

Your doctor has requested that you have a Gastric Emptying Study. This test looks at how long it takes for food to leave your stomach. This leaflet is designed to answer some of the questions you may have before you attend. **Please read it carefully** as it contains specific instructions. If these are not followed, we may be unable to perform the test.

### What is a gastric emptying scan?

It is a test in which a small amount of radioactivity is added to a meal to obtain a series of pictures using a gamma camera. From these pictures we can calculate how quickly your stomach empties. These pictures will help your doctor understand your illness.

### What does it involve?

In order to time how long it takes for your stomach to empty, you are asked to eat a meal of scrambled eggs and toast that contains the small amount of radioactivity. **Please contact us immediately if you think that you cannot do this for any reason.**

The pictures are then taken by a special camera called a gamma camera. During the scan you will have to stand between two detectors for 3 minutes at a time. You will not normally need to undress for the scan. After we have finished taking the pictures, you will be free to go home or return to work. The total time for the procedure can be up to 5 hours.

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

You must not eat or drink food for 4 hours before the test. You must also avoid smoking for 4 hours before the test.

### Can I bring someone with me?

Yes, but you should not bring young children or babies.

### What if I am diabetic?

Insulin-dependent diabetic patients need to bring their glucose monitors and insulin with them. We will need to check your blood glucose levels before we begin the test. Depending on your levels, we may not be able to perform the test, or may need to delay the start of it until after you have taken some insulin.

## Information for patients

### If I am taking tablets or other drugs, do I need to stop?

Yes – if you take any of the following drugs:

NAME OF MEDICATION	May also be called
Metoclopramide	Maxalon, MigraMax
Domperidone	Motilium
Erythromycin	Erymax, Erythrocin, Erythroped, Erythroped A
Tegaserod	
Atropine	
Dicycloverine	Merbentyl, Kolanticon
Hyoscine Butylbromide	Buscopan
Hyoscine Hydrobromide	Joy rides, Kwells, Scopoderm TTS patches
Alverine Citrate	Spasmonal
Mebervine Hydrochloride	Colofac
Peppermint Oil	Colpermin, Mintec
Codeine	
Dihydrocodeine	
Morphine	
Diamorphine	
Pethidine	

You need to stop taking these drugs for **2 days before your appointment**. Please ring 03033 304534 if you have any queries about this. All other medication can be taken as usual with a small amount of water if required.

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

Yes. If you are a woman, and you have a regular menstrual cycle, we need to perform the test in the first 10 days of your cycle (from start of your period). Please ring us on 03033 304534 to rebook if the appointment does not fall at the right time. If your periods are irregular, or you are post-menopausal, the test can be performed at any time.

Please tell us if you are pregnant or if you think you may be pregnant. Also, please tell us if you are breast feeding.

# Information for patients

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## What about the radiation?

Even though you will be given radioactive material, the amount of radiation you will receive is very small. The relative amount will be explained in the appointment letter.

## Do I need to take any special precautions after the scan is completed?

No, you can eat, drink and go where you wish.

## What happens to the result of the scan?

A report is sent to the doctor who requested the scan rather than to your GP. This is because the doctor who requested your scan will have all the results from other tests and will be able to tell you how the result of your gastric emptying study affects your care.

## Travel to the Hospital

If you need an ambulance or other hospital transport to bring you for your appointment, please call:

0808 1643030 for Grimsby

0800 1700808 for Scunthorpe

0333 1300512 for Goole / Yorkshire

0808 1644550 for LN postcodes

**It is important that you arrive on time for your appointment. If you need an ambulance or other hospital transport, please tell them this when you ring.**

## Any more questions?

The staff of the department want your visit to be as pleasant as possible. If you have any other questions, please ask the staff. You can telephone, or ask before your scan starts. The department telephone number is **03033 304535**.

## Any Comments, Compliments, Concerns or Complaints

If you have any other concerns please talk to your nurse, therapist or doctor. Our Patient Advice and Liaison Service (PALS) are available on 03033 306518 (Grimsby, Scunthorpe and Goole). You can also contact [nlg-tr.PALS@nhs.net](mailto:nlg-tr.PALS@nhs.net)

As a Trust we value equality of access to our information and services, therefore alternative formats available on request at [nlg-tr.interpreters@nhs.net](mailto:nlg-tr.interpreters@nhs.net)

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