



Preparing for your Gastric Emptying Scan

What is a ‘Gastric Emptying Scan’?

A Gastric Emptying Scan is an easy way of investigating how well your stomach is working and processing the food you eat.

What will your test involve?

It simply involves you eating a small bowl of cereal to which we have added a tiny amount of tasteless radioactive dye. Once you have finished the meal, images are taken by standing in front of a special camera for 60 seconds. This is repeated every 5 minutes until the meal has passed through your stomach. However, this can be a slow process and can take up to 2 hours to complete the scan from start to finish.

If you have any food allergies please ring to inform prior to your scan date, as an alternative meal can be prepared.

Is there any preparation before this test?

The only preparation required is that you fast from midnight the night before your appointment. This is a routine test carried out frequently to examine the stomach.

What about after the scan?

After the scan you will be well enough to go home or back to work.

It is recommended that you minimise the time you spend in close contact (within 2 meters) with small children and pregnant women for the 6 hours following the injection, to avoid unnecessarily exposing them to very small amounts of radiation.

Please do not bring small children to the department with you, however, you are quite welcome to bring an adult companion to the department as long as they are definitely not pregnant or trying for a baby.

How much radiation will I get?

Firstly, it is very important to know that you will only receive a very small amount of radiation. We are all exposed to natural background radiation during our lives. The radiation dose from this scan is similar to that which you would receive from the environment over a period of 1-2 years. The benefits to you having this scan outweigh any possible radiation risks.

Do I need to bring anything with me?

Don't forget to bring your appointment card if your doctor gave you one. Although every effort is made to keep to the appointed times, unforeseeable events may cause delays and



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therefore a magazine/book may be useful. We do have to wait till you arrive before we can prepare the injection so please be patient and on time!

How soon will I get the results?

A doctor in Nuclear Medicine analyses your scan and writes a report, which is then sent to your doctor. Your doctor should then have the results within the next 7-10 days or else at the time of your next appointment.

When you come for your scan you will first need to go to the X-ray department.

LADIES

It is very important that we avoid carrying out this examination if you are pregnant or think you might be pregnant. If this is the case, please contact us in advance. When you arrive for your scan you will be asked for the date of the first day of your last period. If your period is overdue, your appointment date may be re-arranged.