

## Nuclear Medicine

Ground Floor (Access via X-Ray Dept.)

Clifford Bridge Rd

Coventry CV2 2DX

## Gastric Emptying Study

We provide this information to help you prepare for your visit to the Nuclear Medicine Department.

### What is a Gastric Emptying Study?

It is a safe non-invasive method in Nuclear Medicine that allows us to identify how well the stomach is emptying. This is performed by giving you a meal that contains a radioactive tracer, and acquiring a series of images throughout the day to visualise it entering your stomach and leaving the stomach. The meal consists of two slices of toast, egg whites and jam. This meal is considered to be the gold standard meal by the British Nuclear Medicine Society. A series of 5 minute pictures or images will then be taken of your stomach throughout the day.

### Important:

Please contact the department on 02476 968212 as soon as possible if:

- You are pregnant (or think you may be pregnant)
- You are breastfeeding
- You have special needs
- You will be using ambulance transport to attend your appointment and your appointment time is later than midday
- You are insulin-dependent diabetic
- Inform us if you are taking medication for your stomach, for example metoclopramide, tegaserod, domperidone or erythromycin. You may need to stop these medications but we will need to consult with the consultant who referred you to us before your appointment
- You have an allergy or intolerance to one of the meal ingredients



## Patient Information

**Tel: 02476 968212**

**Mon-Fri: 9:30am – 5.00pm**

### Preparation

You are required to fast for **4** hours prior to the test. Please only drink water in the 4 hours preceding your appointment time. If you are a diabetic, please bring your medication and something to eat with you at the end of the test. You may be asked to stop some medications related to your stomach. This will be done following consultation with the doctor who referred you to the Nuclear Medicine department and we will inform you of any medications you are required to stop (and the duration) prior to your appointment.

### What will happen when I come for my scan?

A member of staff will ask you about the medications you are currently taking and they will check that you have fasted for the required amount of time. **Please bring a list of medication with you.** If you are diabetic your blood sugars may be checked before and/or after the meal.

You will then be asked to eat a meal that has been prepared for you. This contains the radioactive tracer and we need you to eat as much of the meal as possible in a short period of time. You will then be asked to stand between two special detectors called a gamma camera. You will be asked to stand as still as possible for approximately 5minutes whilst each image is taken. Further images will then be taken shortly afterwards at 1, 2, 3 and 4 hours following consumption of the meal. Each set of pictures will last for the same length of time.

You will not be permitted to eat or drink anything else until all the images have been obtained and checked. **You should expect to be in the department for around 5 hours.**

### As part of this study you are to be administered with an unlicensed medicine.

Within the UK, medicines are approved for use by the UK's governing body for medicines, the Medicines and Healthcare Products Regulatory Agency (MHRA), to ensure appropriate quality, safety and effectiveness of the medicine in relation to how it is to be used.

An unlicensed medicine is any medicine used within the UK without full approval by the MHRA. This may include using a medicine for another use

## Patient Information

outside of its licenced indication or using a medicine licensed for use by another country.

You have been prescribed an unlicensed medicine because there is no suitable licensed alternative available for the nuclear medicine study.

**However, the clinical team treating you will have thought carefully about prescribing and administering this medicine to ensure it's the most appropriate medicine for you and its use usage is carefully monitored to ensure patient safety.**

Should you have any concerns with the study you have been booked in for, please do not hesitate to contact the department using the details below or your consultant.

### What happens after the images are taken?

You will be asked to wait for a few minutes whilst your images are processed and checked. You will be told when this is completed and when you can leave. We are **not** permitted to discuss the results with you. The doctor who requested the scan usually receives the results within 5-7 days after all of the analysis has been undertaken and a report generated.

### How much radiation will I receive?

For this scan it is necessary to ingest a very small amount of radioactive tracer. The small risk from this is outweighed by the information that will be gained by taking the scan. A doctor will have checked the request to ensure that this is the appropriate test for you.

### Directions and Car Parking

The department is a short walk from the main entrance on the ground floor. To find the Nuclear Medicine department enter the hospital through the main entrance and turn left on to the West wing.

Follow the signs for X-ray along the corridor. X-ray is located on the left hand side just past Fracture Clinic. Enter X-ray reception and continue ahead, following signs for Nuclear Medicine. The department is located through the double doors, where you will enter into the main reception area of the department.

Hospital car parking is available to all hospital patients and visitors. Spaces are limited so please allow plenty of time to locate a car parking space. Number plate recognition is in operation and a charge is payable. Further information including directions, parking charges and site maps are available on the trust website ([www.uhcnhs.uk](http://www.uhcnhs.uk)).

## Patient Information

### Relatives and Escorts

You may wish to bring a friend or relative to accompany you for your investigation. They may be useful if you do not speak English very well or if you have any special needs. Please do not bring children or pregnant individuals with you.

### Facilities available in the hospital

- Chilled water dispenser in the department
- Costa coffee shop, M&S Food Hall and W H Smith shop in the main reception foyer
- Three hospital restaurants

### More information

All the staff would like to make your visit as pleasant as possible. If you have any concerns please talk to the person looking after you or contact us on 024 7696 8212.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 8212 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email [feedback@uhcw.nhs.uk](mailto:feedback@uhcw.nhs.uk)

#### Document History

Department:	Nuclear Medicine
Contact:	28212
Updated:	June 2022
Review:	June 2024
Version:	7.0
Reference:	HIC/LFT/704/08