



testfacts

AN EDUCATIONAL HEALTH SERIES FROM NATIONAL JEWISH HEALTH™

Nuclear Medicine Gastric Emptying Study

What is a Gastric Emptying Study?

Your doctor has suggested you have a Gastric Emptying Study as part of the evaluation at National Jewish Health. This study shows the emptying time of your stomach.

The Gastric Emptying Study will show if you have slow or rapid emptying of your stomach. The Gastric Emptying Study can also show if you have gastric reflux (GERD). Your doctor will use this information to determine the best treatment for you.

How do you get ready for the test?

- ✓ **Do not eat or drink after midnight the day the test is scheduled.**
- ✓ You will not change clothes.
- ✓ You may take medications prior to this test if you are advised by your Doctor.
- ✓ If you are diabetic please bring your glucometer and medications including insulin.
- ✓ This test takes over 4 hours and images will be made at specific times.
- ✓ Let the technologist know if you are pregnant or nursing.

What is done during the test?

The radiology technologist will explain the Nuclear Medicine Gastric Emptying Study to you. Ask questions if you don't understand.

You will be given a special meal to eat. This meal includes Egg-Beaters with a small amount of a radioactive tracer (mixed in), 2 slices of toast and a small amount of jam. If you have an allergy to eggs please inform the scheduler. Oatmeal will be substituted. You will also have 6 ounces of water. You will not be allowed to eat until this test is completed.

Images will be made at specific times over a 4 hour period.

What should you do after the test?

You can resume normal activities after the Nuclear Medicine Gastric Emptying Study.

How long will the test take?

This test takes over 4 hours to complete

How do you get to your test?

Your appointment is in the Institute for Advanced Biomedical Imaging (Radiology). You will be directed where to go when you check-in. If you have any questions you can contact Advanced Biomedical Imaging (Radiology) at 303-398-1611.

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