

## 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. 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 6 hours prior to the exam.
- You will not change clothes.
- You may take medications prior to this test if you are advised by your Doctor.
- 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 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. Please note that we cannot deviate from this meal due to dietary preferences, e.g. vegan. This meal includes one egg 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 is the only substituted meal used, and this is only used for patients who have an egg allergy (this option does affect the exam results). You will also have 6 ounces of water. You will not be allowed to eat anything else by mouth 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?

If you are being seen at National Jewish Health, 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.

Visit our website for more information about support groups, clinical trials and lifestyle information.

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NOTE: This information is provided to you as an educational service of National Jewish Health. It is not meant to be a substitute for consulting with your own physician.

**National Jewish Health** is the leading respiratory hospital in the nation. Founded 123 years ago as a nonprofit hospital, National Jewish Health today is the only facility in the world dedicated exclusively to groundbreaking medical research and treatment of patients with respiratory, cardiac, immune and related disorders. Patients and families come to National Jewish Health from around the world to receive cutting-edge, comprehensive, coordinated care. To learn more, visit [njhealth.org](http://njhealth.org).