



NUCLEAR MEDICINE PATIENT INSTRUCTIONS

Gastric Emptying Scan with Eggs (Solid Phase)

Patient: _____ Appointment Date: _____

Arrival Time: _____ am/pm Scan Time: _____ am/pm

Location: Nuclear Medicine at Mankato Clinic
1230 East Main Street, Mankato, MN 56001

Please check in at Central Registration prior to going to Nuclear Medicine.

If you are unable to keep your appointment or have questions, please call 507-389-8519.

What is a/an Gastric Emptying Scan with Eggs (Solid Phase):

This test is an imaging procedure that is used to measure the speed in which food empties from the stomach and enters the small intestine. This is helpful in diagnosing motility disorders, which are conditions that alter the way the stomach contracts and moves food into the intestines.

How do I prepare for the test:

- Before scheduling your test, please tell your provider if you are:
 - Pregnant or think you may be pregnant or breastfeeding.
 - Tell your provider if you have had any radiology procedures that used barium contrast 1-2 weeks before this test.
 - Diabetic. Your provider will instruct you about taking your diabetes medications. Some medications need to be stopped.
 - Tell your provider if you have had a PET/CT scan in the last 48 hours.
- Day of test:
 - Do not eat or drink anything 8 hours before the test. This includes medicine, gum and hard candy.

What will happen during the test:

- You will quickly eat a serving of scrambled eggs (contains a small amount of radioactive material), toast and water.
- The radioactive material will help your stomach show up on the scan.
- Every 30 minutes you will stand in front of a special camera for a 1-minute image. You must be able to stand during the 1-minute images.
- The test takes 2 hours.

Instructions for after your test:

- Your provider will share the results of your test with you at your follow-up appointment. If you do not have a follow-up appointment, your provider may contact you by letter. If not, you may contact your provider's office five to seven business days after your test to obtain results.
- You may return to your normal activities immediately.