



Gastric Emptying Scan with Eggs (Solid Phase)

Patient: _____ Appointment Date: _____

Appointment Time: _____ am/pm

Location: Nuclear Medicine Department 1st floor at Mankato Clinic
1230 East Main Street Mankato, MN 56001
Please enter the Mankato Clinic front door (marked #50)

Please check in at the Nuclear Medicine Department.

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.
- To provide the best service and ensure your safety, young unsupervised children should not accompany parents to their imaging appointments. Safety practices limit the number of people in the testing room and young children are not to be left unsupervised while in the waiting room or lobby. This will also ensure you can relax during the test which will result in better image outcomes.
- We recommend that you contact your insurance company prior to your appointment to understand what your coverage is for this test.
- 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. There is a significant amount of time that you will be sitting in the waiting room between the 1-minute images. We suggest bringing a book, tablet or a quiet activity that you can do in the downtime between 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.