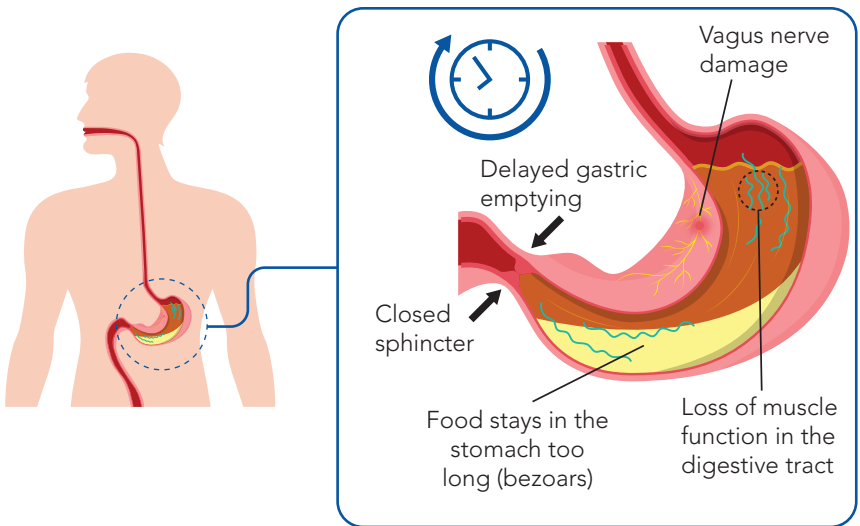


# Your Gastric Emptying Scan Journey



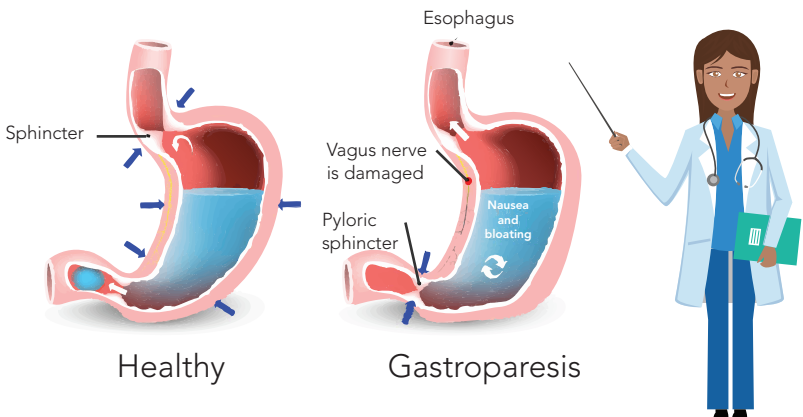
This booklet outlines what to expect during your Gastric Emptying Scan. The test is designed to assess how your stomach empties food and to help diagnose conditions affecting digestion.

We are here to ensure you feel informed, comfortable, and supported throughout.  
If you have any questions, please speak with your doctor or the nuclear medicine team.

## What is a Gastric Emptying Scan?

A Gastric Emptying Scan is a nuclear medicine test that shows how quickly food leaves your stomach. It can help diagnose gastroparesis (delayed stomach emptying), or other digestive issues that cause nausea, vomiting, bloating, or early fullness after meals.

It involves eating a small meal containing a mild radioactive tracer and then undergoing imaging at regular intervals to track the movement of food through your stomach.



# Why This Scan May Be Needed

Your doctor may request this Scan to investigate symptoms such as:

- Nausea or vomiting after eating
- Feeling full too soon
- Bloating or abdominal discomfort
- Unexplained weight loss
- Suspected gastroparesis or other motility disorders.

The results help guide diagnosis and management of digestive conditions.



Heaviness



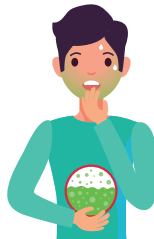
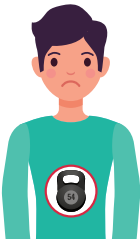
Pain



Nausea and Vomiting



Heartburn



## How to Prepare for Your Scan

To ensure accurate results, please follow these instructions carefully:

- **Fasting:** Do not eat or drink anything for six hours before your appointment.
- **Medications:** Continue or stop medications only as directed by your doctor. Bring a full list of medications with you.
- **Clothing:** Wear comfortable clothing without metal around the waist or abdomen.
- **Pregnancy/Breastfeeding:** Please inform us if you are pregnant or breastfeeding.

Let the department know in advance if you have any food allergies or special dietary needs, especially if you are allergic to eggs or gluten.



# What to Expect on the Day

## **STEP 1**      **Arrival and Check-In**

Please arrive 15 minutes early and check in at the front desk. A member of our nuclear medicine team will meet you and escort you the nuclear medicine department.

## **STEP 2**      **Briefing**

The procedure will be explained to you, and you'll have the chance to ask any questions you may have.

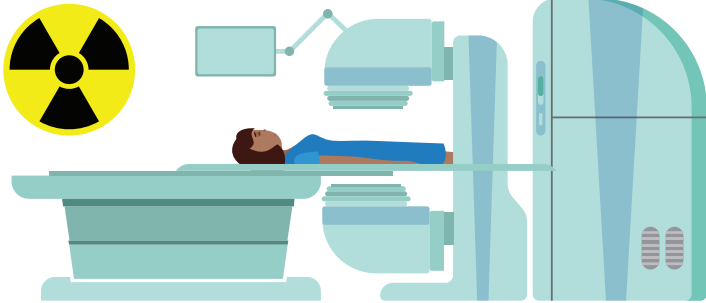
## **STEP 3**      **Eating the Test Meal**

You will be given a standard meal (usually eggs or porridge with toast) that contains a very small amount of radioactive tracer. The meal is safe and carefully prepared to meet clinical standards.

## **STEP 4**      **Imaging**

After eating, you will lie on a scanning bed while a gamma camera takes images of your stomach at specific intervals. These are usually:

- Immediately after eating
- 1 hour
- 2 hour
- 3 or 4 hours (depending on your hospital's protocol).



## **STEP 5** During the Scan

- You'll remain in the department for the duration of the test.
- You may be asked to remain seated or lie down between Scans.
- Please avoid eating or drinking during the Scan unless instructed otherwise.

## **STEP 6** After the Scan

- You may return to your normal activities and eat as usual.
- Drink plenty of fluids to help flush the tracer from your system.
- The results will be sent to your referring doctor within a few days.

# FAQs

These are some common questions about  
Your Gastric Emptying Scan Journey.



## Q: Is the Scan safe?

**A:** Yes. The radioactive tracer is very low-dose and poses minimal risk. It passes naturally through your digestive system.

## Q: Will the food taste different or make me sick?

**A:** No. The food tastes normal and is safe to eat. It's very unlikely to cause any side effects.

## Q: How long will it take?

**A:** The full test usually lasts between 2 and 4 hours, depending on how long your stomach takes to empty.

**Q: Will I be radioactive afterwards?**

**A:** The radioactivity is minimal and will leave your body naturally, mostly within 24 hours. You can safely be around others, including children.

**Q: Do I need someone to drive me home?**

**A:** No. You can drive and resume normal activities after the Scan.

**Q: Are there any side effects?**

**A:** Side effects are extremely rare. If you feel unwell after the test, contact your GP or the nuclear medicine team.

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