

# Nuclear Medicine Patient Information

## Solid Gastric Emptying

Welcome to VCU Health Nuclear Medicine. We are located in the Gateway Building, 2<sup>nd</sup> floor, 1200 East Marshall Street. Our hours of operation are Monday through Friday, 7 am to 5 pm. Advanced scheduling is required for all nuclear medicine exams. Please review the following information about your test. Please call (804) 828-6828 to schedule your test or if you have any questions about your nuclear medicine exam.

### What is it?

A test to measure the time it takes for food to empty from the stomach and enter the small intestine.

### Why are you having this test?

This test is often used to evaluate conditions and disorders of the stomach. This may include:

- Nausea and Vomiting
- Stomach Pain and Bloating
- Gastroparesis
- Reflux
- Diarrhea and/or Constipation

### Preparing for the test

- DO NOT eat or drink anything 4 hours prior to your test, this includes tube feedings.
- Your Physician will instruct you regarding the use of medications before the test.

*NOTE:* Patients with diabetes should ask for specific diet/medication guidelines to control glucose during the day of your test.

- Bring a picture ID and insurance information.
- Bring with you a current list of medications (including Over the Counter, Herbal, Vitamins, Supplements, etc.) and current allergies.
- Please arrive 15 minutes before your scheduled appointment.

### What to expect during the test

- The test will take 5 hours.
- You will be asked to eat a standardized meal that has a radioactive tracer. This meal consists of 2 scrambled eggs, 2 pieces of toast and 8 oz. of water.

*NOTE: If you have any dietary restrictions or food allergies. Please contact the Nuclear Medicine Department at (804) 828-6828.*

- You will lie down while the camera takes pictures of your stomach. These are 3 minute images taken at 1 hour intervals for 4 hours.

### After Care Information

- You may return to all your normal activities.
- Most of the radioactive tracer leaves your body through your urine. Drinking extra fluids may help the tracer leave your body faster.

### Contact information if questions or concerns

- Any Questions: Please contact us at (804) 828-6828 and ask to speak to a Nuclear Medicine Technologist. After hours, please call (804) 828-3699.

### Follow-Up Care after the procedure

- Results will be available in 1-2 business days.
- For Results: Please contact the Physician that ordered your test.