

Nuclear Medicine Patient Information

Whole Gut Transit

Welcome to VCU Health Nuclear Medicine. We are located in the Gateway Building, 2nd 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?

Imaging of the whole gut (intestines).

Why are you having this test?

The study looks at how your gut (intestines) deals with both solid and liquid meals.

Preparing for the test

- DO NOT eat or drink anything 6 hours prior to your test. *NOTE:* Patients with diabetes should ask for specific diet/medication guidelines to control glucose during the day of your test.
- Take your medications as prescribed.
- 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 1 - 4 days.

Day 1

- The test will take 1 – 6 hours.
- You will be asked to drink a standardized meal that has a radioactive tracer. This meal consists of an 8 oz. nutritional drink. For pediatric patients

requiring formula, please bring the formula with you. *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 for 60 – 90 minutes.
- A picture will also be taken at 2 hours, 4 hours, and 6 hours from drinking the meal.

Day 2

- 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.
- The images will be checked for quality by our Physician and more pictures may be needed.

Day 3

- The test will take 30 minutes.
- You will lie down while the camera takes pictures of your stomach and gut (intestines).
- The images will be checked for quality by our Physician and more pictures may be needed.

Day 4

- The test will take 30 minutes.
- You will lie down while the camera takes pictures of your stomach and gut (intestines).
- The images will be checked for quality by our Physician and more pictures may be needed.

After Care Information

- You may return to all your normal activities. (over)

- 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.