

## GASTRIC EMPTY STUDY

### WHAT IS A GASTRIC EMPTY SCAN (GES)?

A Gastric Empty Scan looks at the motility of the stomach; it is commonly used to diagnose gastroparesis.

### WHAT DO I NEED TO DO TO PREPARE FOR A GES?

**Let us know immediately if you have an allergy to eggs, jelly, or bread products.**

You must not eat or drink for 8 hours prior to the test.

If you are a diabetic please adjust and bring your medications with you.

You must refrain from

- smoking the morning of the exam and until the exam is complete.
- taking laxatives for 24 hours prior to your test and until the exam is complete.
- taking pain medications for 2 days prior to your test, *unless otherwise directed by your doctor.*

Some medications should be stopped for the exam, but this should be discussed with your doctor prior to doing so. This includes drugs that affect gastric motility such as Reglan, Zelnorm, Erythromycin, and Motilium. Additionally antispasmodics such as Bentyl, Donnatal, Levsin, Robinul are usually stopped for 3 days prior to the test.

Unless otherwise directed by your doctor, continue taking all other medications as prescribed. We suggest bringing your medications with you to take at the start of your exam.

### WHAT CAN I EXPECT?

You will be eating a nice hot breakfast! Our typical meal consists of water, toast with jelly, and Egg Beaters eggs mixed with a small amount of a radiopharmaceutical. This does not change the flavor or texture of the Egg Beaters. We ask that you complete this meal within 10 minutes.

You will then be imaged for 1 minute.

We will repeat this process every hour for up to 4 hours. This is an easy test, but it is long so come prepared with a good book!