

Gastric Emptying – Four Hour

A gastric emptying study is performed to evaluate the function of the stomach by measuring how quickly food empties from the stomach.

How you should prepare

- This exam will take approximately four hours.
- It is recommended that you schedule this exam in the morning, due to diet restrictions.
- Nothing to eat or drink 8 hours prior to your exam.
- If you smoke, do not smoke the morning of your exam. You will be asked to refrain from smoking for the duration of the exam.
- If you are taking pain medications or gastrointestinal medications, you may be asked to hold these medications for two days, unless otherwise instructed by your healthcare provider. Continue taking other prescribed medications, unless directed otherwise. If you need to take medications the morning of your exam, you may do so with a very small sip of water.
- Wear comfortable clothes without metal fasteners, including zippers, buttons and snaps.
- Arrive 15 minutes early to complete registration.

How you should prepare, continued

- Bring with you:
 - Your appointment form
 - Your insurance card and a valid photo ID
 - Reading material (book, portable electronic device, etc)
 - If you are diabetic and take insulin, your fasting blood sugar should be below 275mg/dl on the morning of the exam or the exam will need to be rescheduled for another day. Your doctor can help you adjust insulin doses as needed to safely achieve this goal. You should also bring your insulin and blood glucose meter with you to your appointment.
- Please let us know about any of the following:
 - Pregnancy, known or possible
 - If you are a nursing mother
 - Allergies or sensitivities to any substances or drugs



Suburban imaging

www.suburbanimaging.com

Your scheduled appointment

Date: _____

Arrival Time: _____ Appointment Time: _____

Location:

Northwest scheduling: 763.792.1999

Canceling exam requires 48 hour notice. Call scheduling number.

What happens during the exam

For this exam, a nuclear medicine technologist will give you a meal of scrambled eggs with a small amount of radioactive tracer added, along with two slices of toast with jam. If you have an allergy to eggs, you will be given oatmeal instead.

Immediately following the meal, images will be taken of your stomach using the nuclear medicine scanner. A picture will be taken at timed intervals for the next four hours.

After your exam

Unless directed otherwise, you may drive, resume your normal diet, exercise and take all prescribed medications. The tracer remains in your body for a short time and is cleared through natural bodily functions. Drinking plenty of fluids will help flush it through your body more quickly.

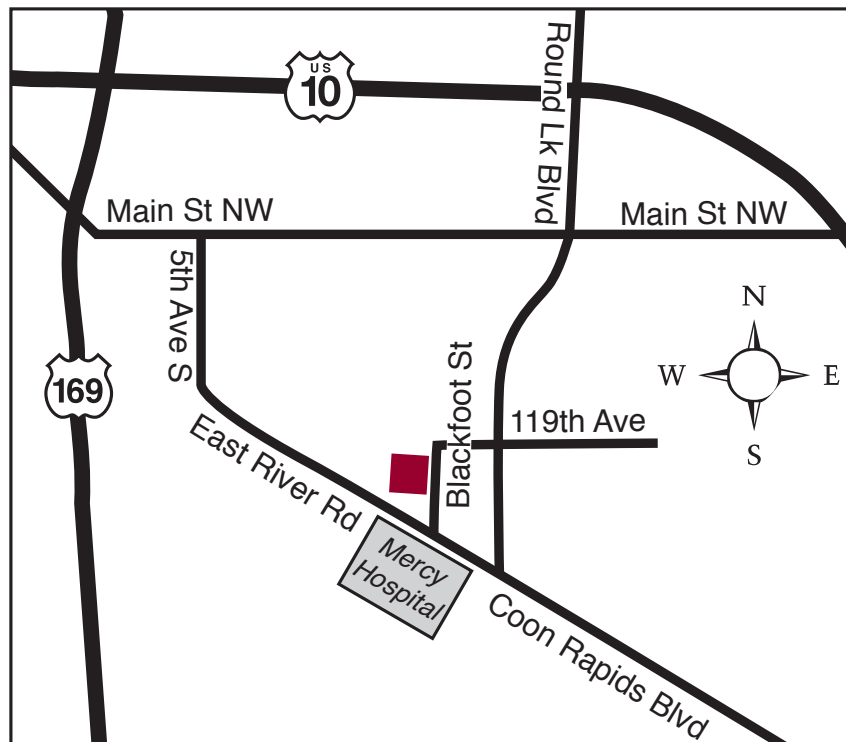
Your images will be interpreted by a board-certified radiologist (medical doctor) specializing in body imaging. The findings will be sent to your healthcare provider. Your healthcare provider will contact you to discuss the results.

>> Map and directions on reverse side >>

Suburban Imaging – Northwest

Mercy Specialty Center, Suite 180
11850 Blackfoot Street NW | Coon Rapids, MN 55433
main 763.795.1600

Suburban Imaging – Northwest is on the first floor of the Mercy Specialty Center with free parking.



From the North

Take Hwy 10 east and exit on Round Lake Blvd. Turn right on Round Lake Blvd, traveling southbound. Turn right onto 119th Ave NW (turns into Blackfoot Street NW). Turn right into the Mercy Specialty Center parking lot.

From the South

Take I-94 west and continue on Hwy 252 north. Follow Hwy 610 east and take the East River Road exit. Turn left on East River Road, which becomes Coon Rapids Blvd. Continue on Coon Rapids Blvd and turn right on Blackfoot Street NW. Turn left into the Mercy Specialty Center parking lot.

From the West

Take Hwy 169 north and exit onto Main Street (Anoka). Turn right onto 5th Ave S. Continue onto East River Road/Coon Rapids Blvd. Turn left on Blackfoot Street NW. Take the first left into the Mercy Specialty Center parking lot.

From the East

Take Hwy 10 east toward Anoka, exiting on Round Lake Blvd. Turn left on Round Lake Blvd, traveling southbound. Turn right onto 119th Ave NW (turns into Blackfoot Street NW). Turn right into the Mercy Specialty Center parking lot.