

Patient Exam Preparation Instructions:

Gastric Emptying – Adult

If you are pregnant, may be pregnant, or are breastfeeding, contact the University Radiology office where you are scheduled.

Day of Your Exam:

- Arrive at least 15 minutes prior to your test.
- You may take your normal medications with small sips of water.
- Your doctor may ask you to stop medications that promote gastric emptying (Prokinetic medications) such as metoclopramide (reglan), tegaserod, domperidone and erythromycin two days before testing.
- Your doctor may ask you to stop medications that delay gastric emptying, such as opiates or antispasmodic agents 2 days prior to testing.
- Nothing to eat or drink for 4 hours prior to study.
- Please bring the following items to the appointment with you:
 - Egg substitute (like Egg Beaters – one carton of at least 4 oz is enough)
 - 2 slices of white bread
 - 30 grams of strawberry jam (about 2 prepared packs from a restaurant)
Diabetic patients may bring sugar-free and the flavor can be changed if necessary
 - 1 bottle of water
- You will eat an egg sandwich (or drink a cup of water) with a small amount of radioactive material. The amount of radioactivity is very low, safe, and requires no special precautions after the exam is complete.
- Imaging will take approximately four hours.
- During imaging you will be required to lie flat on your back, without moving.
- Wear comfortable clothing for this exam without metal snaps, buttons or zippers.
- Jewelry and other metallic accessories should be left at home if possible.

Bring relevant studies and reports to your appointment

University Radiology is able to obtain electronic images and reports for you if the previous studies were performed at our imaging centers or at one of our affiliated hospitals located across New Jersey. Please visit our website for a full listing: UniversityRadiology.com

Bring your prescription, insurance card, and photo ID

They are required for this procedure.

Glucose Monitoring Devices

Devices such as the 'FreeStyle Libre' must be removed before any MRI, CT scan, PET/CT scan, Mammogram, DEXA, or X-ray. The exposure may damage the device and cause incorrect readings.

Payment

You will be expected to pay your estimated co-payment, co-insurance and/or deductible at the time of your appointment. Call your insurance provider if you have questions about your plan or coverage.

PreAuthorization

This exam may require prior authorization from your insurance provider before we can perform the study. Speak with your referring physician's office and/or insurance company to understand your coverage and reduce possible delays.

Questions?

Call **800-758-5545**