



**Blackpool Teaching
Hospitals**
NHS Foundation Trust

Gastric Emptying Scan

Nuclear Medicine Department

Patient Information Leaflet



Caring • Safe • Respectful



What is a Gastric Emptying Scan?

A gastric emptying scan is used to investigate the passage of food through the stomach.

How is the scan carried out?

The scan is performed with you lying down on a trolley underneath the gamma camera. You will be positioned in a semi-upright position.

You will then be asked to eat a meal, usually porridge, which contains a very small amount of a radioactive tracer. We will start the scan as you eat the meal and we will take pictures constantly for up to 90 minutes. We occasionally take further images up to 4 hours after you have eaten the meal.

Although the radioactive tracer will not make you feel any different, it will allow us to see how long the meal remains in your stomach.

If you have any queries or are unable to keep this appointment, please notify us by telephone as soon as possible. This will enable us to offer this appointment to another patient on our waiting list.

If you have any dietary restrictions that prevent you from eating porridge, please notify us straight away.

We are available Monday to Friday 9am to 5pm on **01253 956789**.

Do I need to prepare for the scan?

Please do not eat, drink or smoke from midnight on the day of your appointment. If your appointment is in the afternoon, please do not eat, drink or smoke for at least 4 hours prior to your appointment.

If you are an insulin controlled diabetic, please bring your insulin with you so you can take it while in the department if required. If you need advice regarding your diabetes, please contact the department on 01253 953661.

There is no need to get undressed for the scan. There is no need to stop any medication prior to the scan.

Do I need to do anything special after the scan?

After your scan you can eat and drink normally. Drinking extra fluids for the rest of the day will help wash the radioactivity out of your body. The rest will disappear naturally.

How will I get the results of my scan?

The results will be sent to the hospital consultant who referred you for the scan. Some doctors will write to you with the results of the scan and some will send you an appointment to come back to the outpatient clinic.

How safe is the test?

The meal we give you contains a small amount of radioactive tracer which emits gamma rays (these are similar to X-rays). We use the smallest dose possible to provide as much information as we can about your condition. The radiation dose is very low and is similar to the natural background radiation we all receive from the environment over a period of 6 weeks.

The results of your scan will give your doctor useful information about your condition and will help them plan your treatment. The benefits of having the scan far outweigh the small radiation dose you will receive.

Further guidance has been published by Public Health England.

Visit website –

<https://www.gov.uk/government/publications/ionising-radiation-from-medical-imaging-examinations-safety-advice>

Alternatively, use an internet search engine to search for “PHE medical imaging ionising radiation”.

The radioactive tracer also contains a product called Human Albumin which comes from screened blood donations. This is safe but if you have any objections to receiving a product of this nature please let us know.

Is there anything I should tell the staff before the injection?

Please tell us if you are or may be pregnant.

If you are breast feeding, please ring the department a few days before your appointment.

Additional Information

Directions to X-ray Central

X-ray Central is situated in Area 4 off the main hospital corridor and is signposted. Please follow the signs for X-Ray Central and report to reception on arrival.

Relatives and Carers

If you require support during your appointment you may bring one accompanying adult with you.

They will not usually be allowed into the examination room. If you have any additional needs, please let us know prior to your appointment.

Car Parking

Car parking is in the multi-storey car park at the main entrance of the hospital.

Car park charges apply at this hospital. Please bring change with you if you are planning to park on site. You can pay via debit/credit card at the multi-storey carpark.

Other facilities available

At the main entrance to the hospital there are shops and a cafe selling light meals and snacks. There is also a large restaurant for staff and visitors to use near the main entrance.

Other sources of information:



Nuclear Medicine Radiology:

Telephone: **01253 956789**

Monday to Friday 9am to 5pm



Hospital switchboard

Telephone: **01253 300000**

Patient Relations Department

The Patient Relations Department offer impartial advice and deal with any concerns or complaints the Trust receives.



You can contact them via tel:

01253 955589 or by email:

bfwh.patientrelations@nhs.net

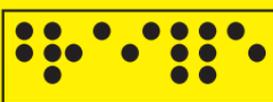


Further information is

available on our website:

www.bfwh.nhs.uk

If you'd like a large print, audio, Braille or a translated version of this booklet then please call: **01253 955520**



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