

GASTRIC EMPTYING SCINTIGRAPHY

Purpose of the study

This study looks at food passing through your stomach.

Preparing for the study

- You must stop eating and drinking at least hours before the study begins.
- Smoking and chewing gum are also prohibited on the morning of the examination and during the examination.
- Medications that affect the function of the stomach and intestines must be stopped at least 2 days before the study. You can take your other medicines with a glass of water on the morning of the study.
- **Blood sugar should be < 15 mmol/l.** If blood sugar is above this, postponement of the study should be considered. A glucose monitor and insulin should be taken with you to the study. The morning insulin dose is determined according to the meal in the study:
 - 2 slices of toast, 113 g of cooked eggwhite and 30 g of jam/marmalade.
 - The dose contains approximately 50 g of carbohydrates.
- The study is not done in pregnant women.

What to expect at the study

The test can be done in two parts on different days. First, the study is done with a solid meal and only then, depending on the results, is the study further refined with a liquid tracer **if necessary**.

In a solid study, you will eat a meal consisting of protein omelet, toast, and jam/marmalade. The tracer has been linked to egg protein. The scanning starts immediately after the meal. The scanning takes about 5 minutes and is repeated every hour for up to four hours. For the duration of scanning, you will lay on your back. There are pauses between the scans.

The tracers do not taste like anything, and it does not make you feel anything. If the foods used in the study are not suitable for you (e.g. celiac disease or egg allergy), contact the isotope department.

You will not need to undress for the scan, but before the scan is started you will need to remove any loose metal objects on your body, such as your belt, and keys or coins in your pockets.

A study with a liquid tracer, if necessary

You will be given a small amount of tracer mixed with water (3 dl). The passage of the test substance from the stomach to the intestine is then monitored with a gamma camera for half an hour. During the scan, you are in a semi-sitting position on the bed.

Duration of the study

Research on solid matter takes about five hours overall, but during the breaks between scans you can get up and stretch your legs.

It is recommended to set aside an hour for the examination using a liquid tracer and it should be performed on a different day than the examination using a solid meal.

Study results

The study results will be provided by a doctor at the ward or clinic that referred you.

After the study

The instructions are the same after both examinations.

You will emit a small amount of radioactivity into your immediate environment after receiving the tracers. After the study, you should drink plenty of fluids and empty your bladder more often than usual so that the radioactivity will leave your body through your urine.

Avoid being near a pregnant person after the study. Also avoid holding children in your arms or next to them for more than half an hour until the next day due to the radiation emitted from you.

Anyone will be safe from the radiation at a distance of two metres. The radiation will dissipate spontaneously by the following day.

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