

# Your Gastric Emptying scan explained (NGEDU)

Please read this patient information carefully as it  
contains information on preparing for the scan

**Reference Number:** ULHT-LFT-0242 v12

**Issued:** March 2026

**Review Date:** March 2028

## Aim of the patient information

This patient information is for patients having a Gastric Emptying scan. It aims to tell you what a Gastric Emptying scan is and to tell you what will happen.

## General information

A doctor has asked that we take some pictures of your stomach and how quickly food empties from it.

As the test involves small amounts of radiation, we ask that you are **not** accompanied by children under 18 or anyone who may be pregnant. You may bring one adult with you to the department.

If the appointment clashes with another outpatient appointment or test, or you are unable to attend on this day, please contact the Nuclear Medicine department on the number provided as soon as possible. We can then reschedule the test and assign the appointment to another patient.

If you have mobility issues (particularly if you are unable to stand for long periods, or repeatedly sit and stand), are incontinent or claustrophobic please contact the department on the number provided.

## Benefit and risks of the test

Everyone receives some radiation every day from the radioactivity in the air, food we eat and even from space. The amount of radiation received from this test is similar to your natural exposure over a month and a half. The risks linked with this are low.

The main benefit of the test is making the correct diagnosis, so that you can get the treatment that is right for you. This benefit is far greater than the small risk from radiation.

If you have any concerns, please contact the department in advance or ask to speak to someone on the day of your scan.

## Preparation

If you are pregnant or breastfeeding, you must inform the department as quickly as possible as special arrangements may have to be made.

This test requires you to eat eggs and bread. If you have any dietary requirements or allergies that would not allow you to eat the test meal, please contact the department as soon as possible. Alterations to the test meal can be made if required (e.g. gluten free bread, alternative to eggs).

For the test to give us an accurate result, we ideally require you to **fast from midnight before the test**, but a minimum of 4 hours prior to the test is acceptable if required. You may continue to drink clear liquids. If you are diabetic, contact the department for appropriate alterations.

**You may not smoke or vape from midnight before your test or throughout the study.**

There are many medications that may need to be stopped prior to the test. Please contact the department with a list of medication that you are taking. Please bring this list on the day (your repeat prescription sheet if possible).

Please be aware that this test involves human based products (human serum albumin). Please contact the department as soon as possible if this is of concern.

## What does the test involve?

You will first be given a small meal of radioactive egg whites with toast and jam to eat. This will just be like eating a normal meal and there should be no ill effects from eating the meal. Immediately after the meal is finished (or as much as you can within 10 minutes) we will take pictures using a Gamma camera (see photo). You will be asked to **stand** for regular 5-minute pictures during the following hour (you will be given regular breaks).

Further standing pictures may be taken every hour up to 4 hours after the completion of the meal. Please allow up to 4.5 hours for this test.



## After the test

For the rest of the day, you must take extra care to wash your hands thoroughly after toilet use, sit down when you use the toilet and to flush the toilet twice. You must

also continue to drink extra fluids and empty your bladder frequently. This will improve the clearance of the radiation from your body.

When the test is completed, the images will be reviewed, and a report will be available to the doctor who has requested the test.

## Radiation information

If you would like to find out more about medical radiation, please access the following link:

<https://www.gov.uk/government/collections/medical-radiation-uses-dose-measurements-and-safety-advice>

## The camera

The Gamma Camera used to take the pictures has an open design and the majority of patients complete the test without any discomfort.

## Contact details

If you have any questions about any of this information, please contact the Nuclear Medicine Department on 01522 573103.

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[www.accessable.co.uk/united-lincolnshire-hospitals-nhs-trust](http://www.accessable.co.uk/united-lincolnshire-hospitals-nhs-trust)

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If you require this information in another language or alternative format, please email the Patient Information team at [ulth.patient.information@nhs.net](mailto:ulth.patient.information@nhs.net)