



## GASTRIC EMPTYING TEST

Your doctor has arranged for you to have a test on your stomach. This leaflet has been written to give you more information about the test you are going to have and to ease any concerns that you might have.

### DO I NEED TO DO ANYTHING BEFORE MY APPOINTMENT?

Unless your consultant tells you otherwise, you should stop all stomach medication; proton pump inhibitors (Losec, Nexium etc) for five days before the test, H2 receptor antagonists (Zantac, Tagamet etc) for two days before the test and antacids (Gaviscon, Milk of Magnesia etc) for one day before the test. You should also stop all pro-motility agents (Domperidone, Azithromycin etc) two days before the test. You may take all other essential medicines, but if in doubt please ask us.

You should not have anything to eat for 6-hours before the study (from midnight if your appointment is before 12pm). You can drink up to 250mls of water (half a pint) on the morning of your study. Otherwise, you do not need to do anything before your arrival at the Unit. If you are diabetic and have problems fasting for this long then please contact us.

### DO I NEED TO BRING ANYONE WITH ME?

No. There is no reason why the tests should have any adverse effects. However, you are welcome to bring along somebody for support if you so require.

### WHAT WILL HAPPEN WHEN I ARRIVE FOR MY APPOINTMENT?

You will be asked some questions relating to how your stomach works and the problems you have been having. We will then explain the procedure to you and you will be asked to sign a consent form, giving us permission to do the tests. Although there are no risks involved in performing the tests, some patients may find they have some mild stomach discomfort which may be something they usually suffer from.

### WHAT WILL I NEED TO DO FOR THE TESTS?

In order for us to carry out the tests you will provide us with breath samples (by blowing into a foil bag). You will then eat a small meal of either porridge or an egg sandwich. If you have any food allergies or special requirements (Kosher, for example) please let us know and we can accommodate this. The meal contains an inert (safe) chemical which is absorbed into the blood as the food is digested and excreted by the lungs when you breathe out. By measuring how much of the chemical is in your breath over time we can estimate how well your stomach is emptying. The test takes 4.5-hours so bring something to read or a mobile device / laptop as the Clinic has free WIFI and a TV.

### WHY ARE THESE TESTS NEEDED?

These tests are an important part of the investigation and the future management of your stomach condition. The result assists your doctor in planning appropriate treatment for you so it is important for you to keep your appointment.