



Electrogastrography (EGG)

Information for patients



What is Electrogastrography (EGG)?

EGG is a non-invasive way to measure gastric motility, where electrodes placed on the skin of the abdomen record the electrical activity of the stomach. EGG can be used to help diagnose disorders of stomach function like gastroparesis where the stomach empties into the small intestine too slowly, which can also contribute to reflux.

Are there any risks associated with this test?

There are no risks associated with this test.

What preparation is required for this test?

-  Nothing should be eaten after midnight the day before the test.
-  Small sips of water can be taken until 2-hours before the test.
-  Medications that affect gastric emptying such as prokinetic agents (e.g. metoclopramide, domperidone, prucalopride) and opiates should be stopped 5 days before the EGG test.

The day of the test.

You cannot eat or drink anything after midnight on the day before the test, you may take your usual medications with a small amount of water (up to 1/3 of a glass or 100ml) up to two hours prior to the study, but should not drink any coffee, tea, or fruit juice.

Key  **Do**  **Do not**  **Additional info**



Your treatment time will vary depending on what the practitioner needs to do given your detailed history.

What happens during the test?

- 1 The procedure takes 60-90 minutes and requires no special preparation or any anaesthesia.
- 2 Electrodes are placed on the skin (shaving at the specific electrode points may be required) and are left for 10-15 mins for calibration to take place. A baseline trace of your stomach's electrical signals is then taken for comparison purposes.
- 3 A water load satiety test is performed, this involves drinking up to one litre of water in 5 minutes until you feel full.
- 4 Several more traces of your stomach's electrical signals are then recorded over the next 30 minutes, the electrodes are then removed.
- 5 The traces are analysed and a report sent to the referring doctor.

After the test you are free to return to your normal activities.

How will I get my results?

Your results will be sent by secure email to both you and your referring consultant/doctor. We aim to send out all patient results within five working days of completion of your test.



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