

of booking your appointment, and we will try to provide an alternative meal for you.

How long will it take?

The first scan usually takes one hour and then the two further images take 15 minutes each. You should expect to spend up to four hours with us, but you can leave the department in between your pictures.

Can I listen to music or watch a movie while I have my scan?

Your technologist will ask you whether you would like to listen to music or watch a movie during your scan. You may bring in a CD or DVD, or select music from our selection.

Are there any after-effects?

The radiopharmaceutical causes no side-effects, nor will you feel drowsy. You can drive home afterwards and carry on your normal activities.

In addition to mothers who are breastfeeding, parents with young children should notify the technologist, who will explain that it is advisable not to have prolonged close contact with them for the rest of the day. This is to avoid unnecessary radiation exposure to them.

When will you get the results?

The scan will be examined after your visit and a written report on the findings will be sent to your referring doctor within 7 days.

Please remember

The radiopharmaceutical required for this examination is ordered especially for you. If you cannot attend your appointment, please let the department know as soon as possible, so that we can use it for someone else.

We hope that this leaflet has answered your questions, but remember that this is only a starting point for discussion about your treatment with the doctors looking after you. Make sure you are satisfied that you have received enough information about the procedure.

If you cannot make your appointment, please telephone us at your earliest convenience.

Tel: 020 3137 8287

For further information please visit
www.trinitymedicalimaging.co.uk

How to get here

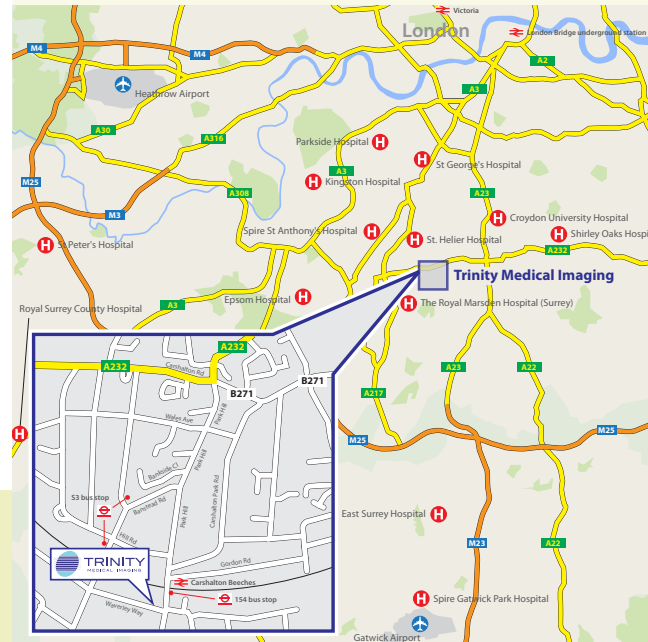
Opening Times

Monday to Friday	8:30am – 18:00pm
Saturday	9:30am – 18:00pm
Sunday	10:30am – 16:00pm

Tel : 020 3137 2155
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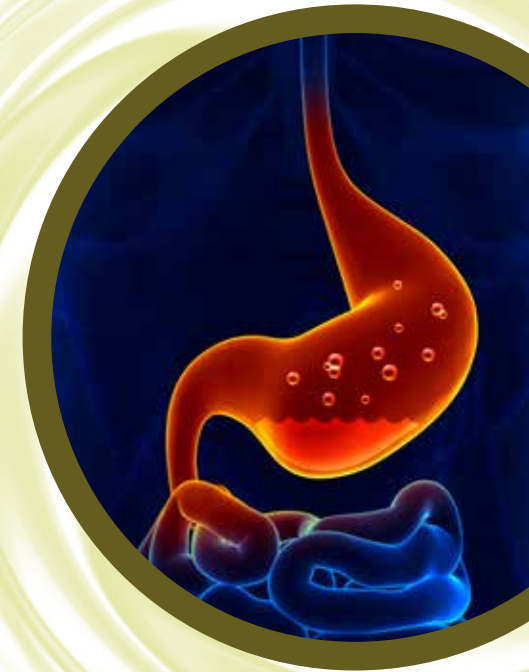
Trinity Medical Imaging
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Carshalton Beeches
Surrey SM5 3LQ



TMI-PIGMS

Information for patients having a nuclear medicine gastric emptying study

Trinity Medical Imaging
Our patients, our priority



Who Are We?

Trinity Medical Imaging is one of the foremost providers of private nuclear medicine imaging in London and Surrey. We work with some of the finest nuclear medicine consultants from a wide variety of specialist fields, attracted from London's major teaching hospitals.

At Trinity Medical Imaging we specialize in hybrid imaging with SPECT-CT, and our facility leads the way for SPECT-CT services in the area.

The leaflet tells you about having a nuclear medicine gastric emptying study. It explains what is involved and what the possible risks are. It is not meant to replace informed discussion between you and your doctor, but can act as a starting point for such discussions. If you have any questions about the procedure, please speak to any member of the team at Trinity Medical Imaging and we will do our best to help you.

What is nuclear medicine?

Nuclear medicine is the use of radioactive isotopes in the form of radiopharmaceuticals to produce an image of different parts of the body. These radiopharmaceuticals emit gamma rays, which are like X-rays. The radiation does not remain for very long, as the isotope decays within a few hours.

The isotope is usually injected into a vein, but may sometimes be swallowed or inhaled. Radiation from the isotope is then detected by a special camera called a gamma camera. Unlike X-rays, nuclear medicine can also be used to show how an organ is functioning, as well as what it looks like.

What is a nuclear medicine gastric emptying study?

A gastric emptying scan (GES) is a nuclear medicine exam that uses a radioactive material that you will eat in a meal. You will eat this meal in the department before your scan. The radioactive material allows us to see how food travels from the stomach to the intestines.

This scan is used to help diagnose conditions called motility disorders. These are conditions that change the way the stomach contracts and moves food into your intestines.

Are there any risks?

As the gamma rays are like X-rays, there are small risks associated with being exposed to radiation. However, the radiation decays away over a few hours and the amount of radiation used in medical imaging is very low. This is comparable to the natural radiation we all receive from the environment over about two months. In fact, the risks of missing a diagnosis by not having the study are often greater than the risks of the radiation. If you are concerned about the risks of the radiation, please speak to a member of our team.

Is there any special preparation for the scan?

You will need to fast for 6 hours before the scan. If you smoke, do not smoke on the morning of the test and during the hours of the scan.

When you make your appointment, you will be asked what medication you are currently taking, and we may ask you to stop certain medicines before the scan.

Drugs that affect gastric emptying such as metoclopramide, tegaserod, erythromycin, domperidone and antispasmodics are usually stopped for three days prior to the test. Do not take any laxatives on the day before or any time during your study.

What if I am diabetic?

If you have diabetes, skipping breakfast may affect your need for diabetic medication. If you are a diabetic and on insulin, we request that you bring your regular morning dose of insulin with you. You can take this with the meal that will be given to you. You may reduce your insulin dose to adjust for the small size of the breakfast. Often half of your insulin is taken with the test meal. If you take oral hypoglycaemic medications, generally these are taken with the meal at Nuclear Medicine. If there are any questions concerning your dose of insulin this should be discussed with your doctor or asking one of our team.

If you are pregnant or breastfeeding

If you are pregnant, or think you may be pregnant, you must

inform the department before attending, and certainly before the radiopharmaceutical is administered.

If you are breastfeeding, please inform the department before attending and you will be advised as to whether you will need to take any precautions. You may be advised to avoid breastfeeding for a few hours afterwards and you may need to express milk before your scan.

Can you bring a relative/friend?

Yes you can, but for safety reasons, they may not be able to accompany you into the examination room, except in very special circumstances. Please do not bring children with you as they will potentially be exposed to radiation from other patients.

Arriving for your appointment

When you arrive for your appointment, please inform the receptionist, after which you will be shown where to wait until met by a technologist.

The technologist will explain the procedure, and you can ask any questions. You may be asked some questions about your health, or whether you have had this examination before. You do not need to undress but you should remove any jewellery and metallic objects such as keys, coins or buckles.

What happens during the scan?

You will be taken to the examination room and asked to eat a meal which consists of 2 scrambled eggs together with water. The meal has been labelled with an isotope which will permit pictures to be taken as the meal passes through the stomach and the GI tract. After you have eaten the meal, you will be made comfortable lying down, and the technologist will position the gamma camera over your abdomen. The scan will last one hour, and during this time it is important that you lie still. You can breathe normally during the scan.

After the scan, you will be able to leave the department, but you will need to return for two further images taken of the abdomen at 2 hours and 4 hours after your meal. These will take 15 minutes each.

What if I cannot eat scrambled eggs?

If you are allergic to eggs, then please let us know at the time