

# Gastric emptying scintigraphy



Universitätsklinik für  
Nuklearmedizin  
PET Diagnostik Bern AG

Klinikdirektor  
Prof. Dr. A. Rominger



## Dear Patient

On behalf of our hospital and clinic management team, we would like to welcome you to the Inselspital Bern. You have been referred to the Department of Nuclear Medicine for an outpatient nuclear medicine procedure. This information leaflet contains further details on the examination preparation and procedure.

## General information

Nuclear medicine involves the use of radioactive substances to conduct functional and localization diagnostics for organs, tissues and systems, and treatment using open radionuclides. Radioactive tracers are used to visualise metabolic processes which enables the diagnosis of organ dysfunction without the need for invasive procedures. Camera systems allow the function of organs or body systems to be assessed externally.



## Registering for your appointment

- Please bring your Swiss health insurance card with you to your appointment.
- To register your data in the Insel system, please go to the Information Desk/ Patient Reception at the main entrance half an hour before your appointment. You will be given a number there. Once this number is called out, you will be told which cabin to go to for admission.
- Alternatively, you can register using our convenient online Patient Check-In via the Inselspital's homepage up to 48 hours before your examination appointment: [www.insel.ch/check-in](http://www.insel.ch/check-in)
- The examination will take place in the INO building, Level B. From the main entrance, follow the red dotted line on the floor to Waypoint 5. Take the elevator to Level B and then continue to follow the red dotted line to Waypoint 8 (Reception, Department of Nuclear Medicine).



## **Where does the examination take place?**

Department of Nuclear Medicine

INO B, North

CH-3010 Bern

Tel.: 031 632 24 54, Fax: 031 632 31 37

## **Information on the procedure**

### **Purpose of the examination**

Various symptoms can indicate a functional gastric disorder. If gastric emptying occurs too quickly after eating, this can lead to sweating, palpitations, nausea, and circulatory problems, while emptying too slowly can cause heartburn, bloating, flatulence, abdominal pain, nausea, and vomiting. Gastric dysfunction can have many different causes. It can occur in metabolic diseases (e.g. diabetes mellitus), collagenosis, inflammation of the stomach lining, tumours, following operations, and also as a side effect of medication. Gastric emptying scintigraphy is considered the best method to determine whether you have regular, accelerated or delayed gastric emptying. It can also provide information about

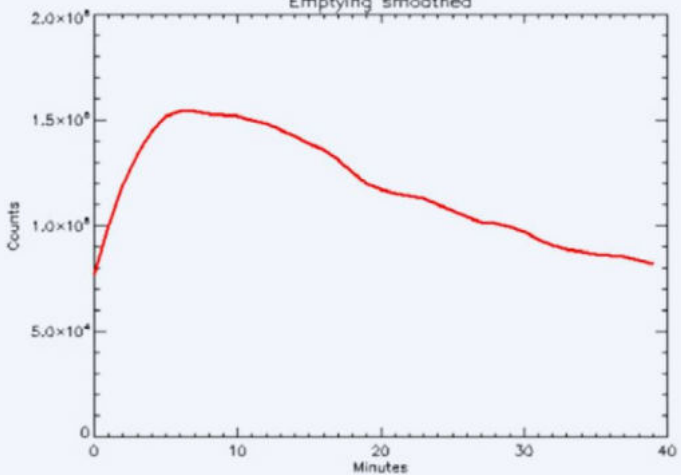


peristaltic activity. Depending on the underlying disease, typical patterns of findings allow a differential diagnostic classification. As a result, functional disorders of the stomach can be diagnosed at an early stage or excluded as a diagnosis.

### **Examination procedure**

You should allow about 60 minutes for the examination and preparation in our department. The examination will be carried out in a sitting position. At the start of the procedure, you will be given approximately 400 ml of a test meal marked with radioactive dye (tasteless semi-solid meal) to eat. Afterwards, a series of images tracking gastric emptying and movement are taken over a period of approximately 40 minutes.

Emptying smoothed



### **Preparation for the examination**

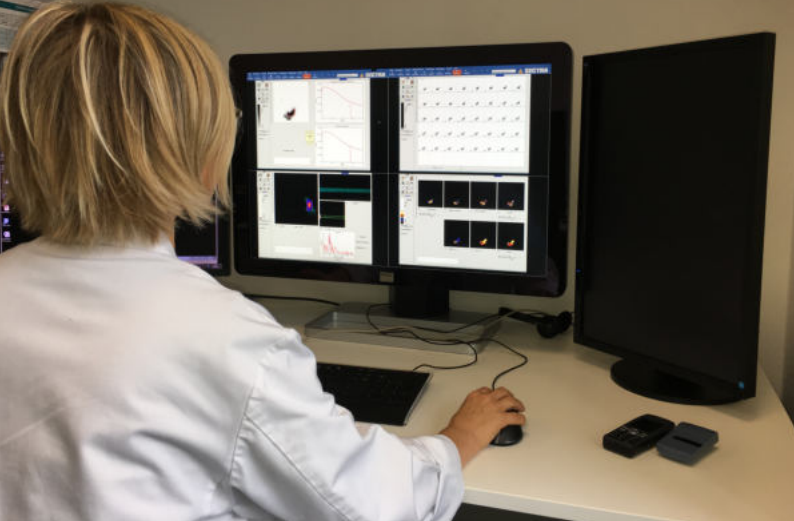
You are required to fast prior to the examination. This means that you cannot eat or drink anything for at least 8 hours or overnight before the examination. In addition, you should not smoke on the day before the examination, as smoking and the intake of fluids can falsify the results. Medication that affects stomach motility (e.g. Paspertine) should be stopped 12 hours before the examination.

### **Risks and side effects**

Allergic reactions or other side effects are uncommon when administering radiopharmaceuticals, as only minimal amounts of the substance are used.

### **Exposure to radiation**

The radiation exposure from gastric emptying scintigraphy is lower than the annual natural radiation exposure and is not influenced by the duration of the examination.



### **After the examination**

- On the day of the examination you should avoid prolonged close contact with children under 16 and pregnant women. A distance of 1m is sufficient.
- Breastfeeding women should refrain from breastfeeding for 12 hours and discard any milk within this time window.
- Following the examination, you can carry out all further activities without any restrictions.

### **Please note the following**

If you need to cancel your appointment, please call to inform us (031 632 24 54 ) at the latest by 12:00 one working day prior to your scheduled examination. Failing this, we reserve the right to invoice you for the costs incurred.

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[www.nukmed.insel.ch](http://www.nukmed.insel.ch)

