



Windsong Radiology Group, P.C.  
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## **PATIENT PREPARATION FOR GASTRIC EMPTYING**

**PATIENT NAME:** \_\_\_\_\_

**DATE OF APPOINTMENT:** \_\_\_\_\_ **PLEASE ARRIVE AT:** \_\_\_\_\_ **AM/PM**

Thank you for scheduling your Gastric Emptying exam with Windsong Radiology. To ensure that we make efficient use of your time here, please read the following information carefully.

### **EXAM PREPARATION INSTRUCTIONS:**

- On the day of the exam, please follow a strict fast for 6 hours. This means nothing to eat, drink (including water), chew, or smoke for 6 hours prior to the exam.
- No sedatives, pain medications, or anti-anxiety medications for 12 hours prior to the exam.
- No reflux medications for 2 days prior to the exam.
- No antispasmodics for 2 days prior to the exam.
- No other “stomach medications”( including, but not limited to, antacids, Miralax, etc.)for 2 days prior to your exam.
- If you are unsure if one of your medications should be stopped prior to this exam, please call our office.
- Diabetic patients should bring insulin with them if it is normally used in the morning.  
-Insulin may be used with our meal. Insulin dose may need to be adjusted.  
Please contact your physician with questions pertaining to this.
- Oral diabetes medications may be taken with our meal.

### **WHAT TO EXPECT AT YOUR VISIT:**

- Please expect to be here for approximately 3 hours for your exam.
- You will be given a meal of scrambled eggs containing a radioactive isotope, 2 slices of white bread with jelly and a glass of plain water to drink. You will have 10 minutes to eat the entire meal.
- After you complete your meal, 2 hours of continuous imaging will be performed.

### **IMPORTANT:**

- If you need to cancel and/or reschedule your appointment, please do so at least 24 weekday hours before your appointment. Materials are ordered specifically for your exam date and time. If you fail to cancel/reschedule within the appropriate amount of time, you will be held responsible for the cost of materials.
- If you think you may be pregnant or are breastfeeding, please call our office.

Thank you for choosing Windsong Radiology for your diagnostic imaging services.  
We look forward to your visit.

If you have any questions, please contact us at (716) 631-2500 ext \*2147