

# Nuclear Medicine Gastric Emptying/GE Reflux Study



## Education

INFORMATION FOR PATIENTS AND FAMILIES

### What is a Gastric Emptying/GE Reflux Study?

A Gastric Emptying/GE Reflux Study uses a special camera to take pictures of your child's stomach and throat. It checks to see if the stomach is emptying as it should and if any food is going back up (refluxing) into the throat.

### What do I do before the test?

- Bring your child's favorite foods and drink from home to feed him for the test. For infants, bring formula or juice.
  - A special medicine called a radioisotope (tiny amounts of a radioactive liquid) is added to the food and fluids for your child to swallow.
  - The medicine has no taste or smell.
- You may bring a favorite video for your child to watch during the test, or he may watch TV.
- Your child needs to lie very still for the test.

### How are the pictures taken?

The Nuclear Medicine Technologist (a person trained in taking these special pictures) will bring you and your child into the exam room.

- Once your child takes the medicine, he will lie down on a special table with a safety belt over him. The nuclear medicine camera is over the table and comes close to, but does not touch your child.
- Your child needs to lie very still for the test.
- The pictures may take an hour or longer to complete, based on your child's needs. You may bring a favorite video from home for your child to watch or he may watch TV during this time. Sometimes, your child may need to wait about an hour and then come back for another picture, which takes several minutes to complete.

**NOTE:** You may stay with your child during the test. Pregnant mothers, brothers or sisters are not allowed in the exam room.

### Who performs the test?

The Technologist gives the medicine and takes the pictures.

### Who looks at the pictures?

A Pediatric Radiologist, a doctor specially trained in children's X-rays, looks at all the pictures and then sends a report to and may talk with your child's doctor.

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**In case of an urgent concern or emergency, call 911 or go to the nearest emergency room right away.**

*This is general information and is not specific medical advice for your child. Always consult your child's doctor or other healthcare provider if you have any questions or concerns about the care or health of your child. A Children's Healthcare of Atlanta pediatric advice nurse is available 24 hours a day at 404.250.kids.*

### **Are there any risks?**

- Radiation in general is a risk, however the amount of radiation used is the smallest amount possible to get the best pictures.
- The amount of radioisotope used is so small that it poses no great risk. The dose given is based on your child's size and weight.

### **What happens after the test?**

- The Technologist will give you any special instructions and let you know when your child can leave.
- After the test, your child may eat as usual, unless your child's doctor tells you not to feed him.

### **When do I get the results?**

- The Radiologist will review the pictures and send a report to your child's doctor.
- If there is a serious problem that requires treatment, your child's doctor will be notified before you leave the Radiology Department.
- Your child's doctor will contact you with the test results in about two to three days.
- Call your child's doctor if you have not heard any test results after 3 days.

### **How should I prepare my child?**

#### **Infants**

Although you cannot explain the test to your baby, you can help him feel more secure during the test if you:

- Bring a special blanket, toy or pacifier.
- Comfort him with your presence and voice.
- Bring along a bottle of juice or formula to feed him **after** the test is done.

#### **Toddlers and preschool-age children**

Young children can become anxious about having a test done, so the best time to talk with your child is right before the test.

- On the day of the test, tell your child that he will be having some "pictures" taken, so his doctor can help him feel better.
- Use simple words and be honest with him.
- Let your child know that you will stay with him as much as possible during the test.
- When you come to the hospital, bring a favorite book, toy or blanket.
- You may also bring along a snack for **after** the test.

#### **School-age children**

School-age children have good imaginations and may frighten themselves by imagining something much worse than the actual test.

- One or two days before the test, tell your child that he is going to the hospital to have some "pictures" taken of his body.
- Use simple words. Be honest with your child and explain exactly what will happen.
- Let your child know that you will stay with him as much as possible during the test.
- When you come to the hospital, bring along a favorite videotape, book, toy or game.
- You may also bring along a snack for **after** the test.

**Please note: If there is a chance the patient may be pregnant, tell us before the test, so we can contact her doctor to see if the test still needs to be done.**