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. This study tells us if the stomach is emptying as it should and if any food is going back up (refluxing) into their throat.

Can my child eat before the test?
Your child’s age will determine how long they need to be go without food or drink prior to their test.

- 6 months or younger--no food or drink 3 hours prior to the test
- Over 6 months and less than 2 years of age--no food or drink 4 hours prior to test
- Over 2 years of age--no food or drink 6 hours prior to test

How are the pictures taken?
• Once your child takes the medicine, he/she will lie down on a special table with a safety belt over them. The nuclear medicine camera is under the table.
• Your child needs to lie very still for the test.
• The pictures may take an hour or longer to complete.

Who performs the test?
A licensed nuclear medicine technologist will give the medicine and take the pictures.

How do I get the results?
• A pediatric radiologist, a doctor specially trained in children's x-rays will review the pictures and send a report to your child’s doctor.

Are there any risks?
Radiation in general is a risk; however, the amount of radiation in the isotope used is based on your child’s size and weight, therefore the smallest amount possible is given to acquire the best pictures so that it poses no great risk.

What happens after the test?
• The technologist will give you any special instructions and let you know when you can leave.
• After the test, your child may eat as usual unless your child’s doctor tells you not to give them anything or he/she is scheduled for another test in which they should not eat.

NOTE: You may stay with your child during the test; however, brothers, sisters and pregnant mothers are not allowed in the exam room. If anesthesia is used, parents will not be allowed to stay in the room.

Because the radiation from this test could possibly harm an unborn child, female patients age 10 and above will be required to take a pregnancy test before the exam can be performed.
Do I need to bring anything for the test?
If your child is on formula, please bring it and any feeding supplies that your child may require.
• If your child is not on formula, we will provide the liquid to mix with the medicine.
  • We will add a special medicine called a radioisotope (tiny amounts of a radioactive liquid) to the fluid for your child to swallow.
  • The medicine has no taste or smell.

PREPARING MY CHILD
Infants
You can help your baby feel more secure during the test if you:
• Bring a special blanket, toy or pacifier.
• Comfort them with your presence and voice.
• Bring along a bottle of juice, formula or breast milk to give after the test is done.

Toddlers and preschool-age children
• On the day of the test, tell your child that he/she will be having some “pictures” taken, so the doctor can help them feel better.
• Use simple words and be honest.
• Bring a favorite book, DVD, toy or blanket with you to the hospital.
• Bring a snack for after the test.

School-age children
• One or two days before the test, tell your child that he/she is going to the hospital to have some “pictures” taken, so the doctor can help them feel better.
• Use simple words. Be honest. Explain exactly what will happen.
• Bring along a favorite DVD, book, toy or handheld game with you to the hospital.
• Bring a snack for after the test.

Photographs/Videos
If you want to take any pictures or videos, please discuss this with the technologist before your child is taken into the exam room.

PATIENT NAME: ___________________________________________________________

APPOINTMENT DATE: ___________________________ TIME: _______________________

PATIENT PREPARATION/SPECIAL INSTRUCTIONS: _________________________________

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Nuclear Medicine Department at Arkansas Children’s Hospital
(501)364-1180 • Monday - Friday, 7:30 a.m. - 5 p.m.

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 health care provider if you have any questions or concerns about the care or health of your child.