



Gastric Emptying Breath Test Preparation Instructions

3 Days Before Test:

1. You should avoid the use of any medication that can affect gastric emptying - please see drug list attached (on second page).
2. If you have any questions/concerns regarding your medication use, please contact our office.

Day Before Test:

1. Do NOT eat or drink anything 8hrs before your appointment time (this includes water & alcohol).
2. Do Not smoke.
3. Please let us know if you had any other “breath test” done 24hrs before your GEPT.
4. If you are diabetic and on insulin, you can give yourself half-dose of long-acting insulin the night before your test.

Day of Test:

1. If you have any morning medication, you can take it no later than 1 hour before your test, with a maximum of 4oz of water.
2. If you are diabetic and on **oral diabetic medication**, HOLD your morning dose.
3. If you are diabetic and on **short-acting insulin**, HOLD your insulin on day of test.
4. If you are diabetic, please check your blood sugar reading before leaving your house and bring that value with you to your appointment.
 - ❖ **Call office if blood sugar reading is >275, your appointment will need to be rescheduled – DO NOT come in for your test.**

Clinical Insight:

For diabetic test subjects, a fasting serum glucose level should be obtained to confirm that the patient is in glycemic control. Hyperglycemia may produce a clinically significant delay in gastric emptying. Serum glucose should be <275 mg/dL prior to conducting a gastric emptying evaluation. If serum glucose cannot be lowered with insulin to below 275 mg/dL, the GEPT procedure should be re-scheduled for another day when the subject is in glycemic control.

5. Bring your insurance card and a photo I.D. with you.
6. Bring something like a laptop, book, or tablet to entertain your during the testing duration.
7. You will not be able to leave the clinic during the testing period.

GEBT Drug List to Avoid

These are the drugs that affect gastric emptying.

Patient needs to **avoid 3 days prior to GEBT**, with physician approval.

ANTICHOLERGENICS

- atropine (Atropen)
- belladonna alkaloids
- benztropine mesylate (Cogentin)
- clidinium
- cyclopentolate (Cyclogyl)
- darifenacin (Enablex)
- dicylomine
- diphenhydramine (Benadryl)
- fesoterodine (Toviaz)
- flavoxate (Urispas)
- glycopyrrolate
- homatropine hydrobromide
- hyoscyamine (Levsinex)
- ipratropium (Atrovent)
- orphenadrine
- oxybutynin (Ditropan XL)
- propantheline (Pro-banthine)
- Morphine (Kadian, MS Contin, Morphabond)
- Oliceridine (Olynvik)
- Oxycodone (OxyContin OxyContin, Oxaydo)
- Oxycodone and acetaminophen (Percocet, Roxicet)
- Oxycodone and naloxone

Misc.

- Metoclopramide (Reglan)
- Erythromycin

- scopolamine
- methscopolamine
- solifenacin (VESIcare)
- tiotropium (Spiriva)
- tolterodine (Detrol)
- trihexyphenidyl
- Trospium

Opiates

- Codeine (only available in generic form)
- Fentanyl (Actiq, Abstral, Duragesic, Fentora)
- Hydrocodone (Hysingla, Zohydro ER)
- Hydrocodone/acetaminophen (Lorcet, Lortab, Norco, Vicodin)
- Hydromorphone (Dilaudid, Exalgo)
- Meperidine (Demerol)
- Methadone (Dolophine, Methadose)