



## INDIANA UNIVERSITY HEALTH

GI MOTILITY LAB

&

GASTRIC ELECTRICAL STIMULATION PROGRAM

### ELECTROGASTROGRAPHY (EGG)

**ELECTROGASTROGRAPHY (EGG)** - Your physician has ordered this study, which can provide information regarding the “electrical” activity of the stomach during fasting and after a meal. This test is performed on patients with symptoms suggesting that the stomach is not functioning normally. These tests are generally performed at specialized GI motility centers in patients whose diagnosis is unclear or who have not improved despite treatment.

#### How do I prepare for this test?

1. Do not eat or drink after midnight the night before the test.
2. Some medications can affect this test:
  - a. Prokinetic medications such as Reglan (metoclopramide), Zelnorm (tegaserod), erythromycin, Motilium (domperidone) and antispasm medications such as Bentyl (dicyclomine), Donnatal, Levsin (hyocyamine), Robinul should be **stopped for two days (48 hours) prior to this test.** If you can't, you should discuss with your doctor or health care provider who ordered the test.
  - b. Pain medications can also slow down the intestine and can affect this test. These medications include: Pain medications such as Demerol, codeine, morphine, Oxycontin, Percocet, Percodan. These medications should be **stopped for two days (48 hours) prior to this test.** If you can't, you should discuss with your doctor or health care provider who ordered the test.
3. Medications that need to be taken regularly, such as high blood pressure and heart medication, can be taken with small sips of water when you wake up in the morning of the test. If you have diabetes, skipping breakfast may affect the need for diabetic medication. Generally one-half of your usual dose of diabetic medication is taken on the morning of the test. This should be reviewed with your physician or health-care provider.
4. If you have questions about a specific medication, ask your physician or nurse.

**5. Please complete the enclosed forms and bring a list of all your medications. Bring all up-to-date insurance information and identification to your appointment, as well as complete names, addresses, phone and fax of all doctors you want to receive a copy of the report.**

Medicare does not require preauthorization or precertification for this procedure; however, many private insurance carriers and managed care organizations do. We recommend you contact your insurance company prior to your procedure, if you have any questions about coverage.

**6. PLEASE ARRIVE 30 MINUTES PRIOR TO YOUR SCHEDULED PROCEDURE TIME.**

- a. Check-in at the Front Admitting Area located on the first floor of University Hospital, 550 N. University Blvd, Indianapolis Indiana.
- b. Once registration is completed, the registration clerk will notify the Motility Clinic of your arrival. Proceed to the Central Elevators.
- c. Take them to the 5<sup>th</sup> floor, (5601) and wait in the chairs immediately to the left of the elevators. The motility nurses will escort you to the Motility Lab.
- d. Please use valet parking, which is available under the glass canopy

**What does this procedure involve?**

Electrogastrography, or “EGG”, is like an “EKG” for the stomach. Small electrode pads are placed on your skin overlying the stomach to record the electrical activity of the stomach. If your skin is hairy on your abdomen, we may have to shave small areas to make sure the electrode can attach to your skin properly. You will be sitting in a recliner chair or lie still on a bed, but you need to be still and avoid talking to minimize motion artifacts while doing the EGG. The test will take about 90 minutes (30 minutes while fasting and 60 minutes after a special drink (nutrient drink). We will ask you about symptoms before, during, and after the test. After 30 minutes, a special drink will be given to see how it affects the electrical activity of the stomach. Other liquids may be substituted if needed, due to allergies. Usually, ingestion of the nutrient results in an increase in stomach electrical activity.

**How is the EGG Test Used?**

EGG provides information regarding the electrical activity of the stomach during fasting and after a meal. This test detects the stomach underlying electrical rhythm, which controls how often the stomach contracts, especially to move the indigestible foods (salads, leafy vegetables) out of the stomach. The finding may help the physician to understand your problem. Normally, your stomach has a regular electrical wave form, occurring at 2 to 4 cycles per minute. In some patients, this stomach rhythm may be too slow (bradygastria) or may be too fast (tachygastria). Abnormal stomach electrical rhythm may be caused by certain conditions involving specialized cells within your stomach. Eating a meal normally produces a stronger electrical signal, but it may be abnormal in some patients.

**\*\*If you should have any questions regarding your medications please contact your prescribing doctor. If you need to change your appointment for this test, please contact the Motility Lab scheduler 317-944-7817. If you have any specific questions regarding the test, please contact the Motility Lab at 317-948-8137.**