

FREQUENTLY ASKED QUESTIONS

What is gastroparesis?

Gastroparesis is a condition where food does not properly empty from your stomach. Symptoms of gastroparesis include nausea, vomiting, feeling full after only a few bites of food, abdominal pain, bloating and lack of appetite. Gastroparesis can cause weight loss, malnutrition, and dehydration. This condition can be especially problematic for individuals with diabetes because it adversely affects blood sugar levels.

What is spirulina?

Spirulina is a safe, edible, highly digestible blue-green algae that is often consumed as a nutritional supplement. The spirulina used in the GEBT is grown in a dedicated drug manufacturing facility. In the GEBT meal, the spirulina is tasteless.

How much will I have to eat?

The GEBT meal consists of 27 grams of scrambled eggs (equivalent to about two eggs) and 100 mg of spirulina. The mixture is re-hydrated with water and cooked in a microwave oven to form a scrambled egg meal. You will need to eat the egg meal with six saltine crackers and six ounces of water.

Are there any side effects of the test?

There have been no serious side effects associated with the GEBT. Some patients have reported nausea and abdominal discomfort after eating the GEBT meal. However, these symptoms are consistent with gastroparesis, especially after food consumption.

Is there any radiation exposure with this test?

No. Unlike other tests that may be used to measure how your stomach is emptying, the GEBT does not use any radioactive materials. It uses a safe, naturally occurring form of carbon to measure how fast your stomach empties.

ABOUT CAIRN DIAGNOSTICS

For many patients and physicians, the pathway to a definitive diagnosis can be complex, slow, and frustrating. At Cairn Diagnostics our mission is to develop tests that eliminate complexity and create a safer, faster, and clearer path to diagnosis.

Use of our patented and validated analytical methods allows us to create diagnostic tests that are user- and patient-friendly and easy to administer, yet powerful in their ability to deliver a definitive diagnosis.

For complete warnings, precautions and contraindications, please see the package insert available at cairndiagnostics.com/gebt_package_insert/



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GASTRIC EMPTYING BREATH TEST

Telehealth Patient Guide



THE CAIRN GASTRIC EMPTYING BREATH TEST

Your doctor has recommended the Gastric Emptying Breath Test (GEBT) to help determine if you have gastroparesis, a condition in which the stomach does not empty properly.

GEBT can be taken in the comfort of your own home under the remote supervision of a telehealth administrator. GEBT measures how quickly a specially designed test meal empties from your stomach. The test will require approximately five hours to complete. However, most of the time you will be sitting quietly refraining from vigorous activity. You may want to have a book, laptop, or tablet to enjoy.

Preparing for the Test

Do not have solid foods or liquids (including alcohol) for eight hours prior to having the test. You can have four ounces of water up to one hour before the test.

When you are scheduled for the test, check with your doctor to be sure you are not on any medications that might influence the test. If you are diabetic, notify your doctor or test administrator before taking the test. Your glucose level must be below 275 mg/dl the morning of the test.

You should not take another carbon-13 based breath test, (e.g. h. pylori) for 24 hours prior to your GEBT.

How the Test Works

The test begins with collection of “pre-meal” breath samples and entering your personal information (age, sex, height, weight, etc.) into a test request form that will help to calculate your test results.

The test meal will be prepared in a microwave by you at home with the guidance of a tele-administrator. This meal contains spirulina, a common nutritional supplement that has been modified to contain carbon-13, mixed with dry scrambled egg mix. Carbon-13 is a safe, non-radioactive form of carbon that is in your GEBT meal. As you eat the meal, the spirulina/egg mix empties from your stomach, is metabolized, and carbon-13 becomes present in your exhaled breath. Over time, the amount of carbon-13 you exhale changes depending on how fast the meal is emptying from your stomach.

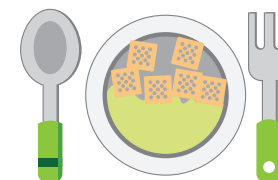
After you eat this meal, breath samples will be collected to determine the amount of carbon-13 you are exhaling. These samples will be analyzed and used to determine how quickly the special meal moves out of your stomach.

WHAT TO EXPECT TAKING GEBT?

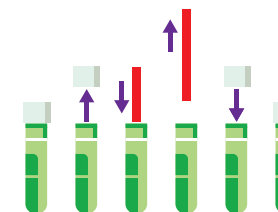
1. You will collect two breath samples before eating the GEBT test meal, while under the supervision of a telehealth administrator. You will take a deep breath and exhale into a glass tube through a plastic straw.
2. Next, you will use a microwave to prepare a special meal of scrambled eggs with spirulina. In addition to the eggs, you will need to consume six saltine crackers and drink six ounces of water within ten minutes.
3. After you finish the meal, you will then collect six more breath samples over a four hour period of time under the guidance of a telehealth administrator. You will collect these samples in the same manner you did the first two — by taking a deep breath and exhaling into a glass tube through a plastic straw. The administrator will calculate the collection times of your six breath samples.
4. Your first sample will be collected 45 minutes after you finish the test meal. Additional samples will be taken at 90, 120, 150, 180, and 240 minutes after finishing the test meal. In the time between taking samples, you should sit quietly and refrain from vigorous activity while your stomach empties and your intestines digest the meal you have eaten. When the GEBT is completed, the breath samples and test request form will be packaged and shipped to the laboratory for analysis.



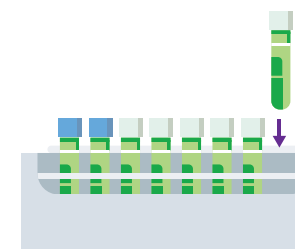
Collect pre-meal breath samples



Prepare and serve the GEBT meal



Collect post-meal breath samples



Submit GEBT samples to lab