FREQUENTLY ASKED QUESTIONS

What is gastroparesis?
Gastroparesis is a condition where food doesn’t empty from your stomach normally. 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 glycemic control.

What is spirulina?
Spirulina is a type of blue-green algae that is safe, edible, easy-to-digest and full of nutrients. Spirulina is often consumed as a health food in the United States and is approved by the U.S. Food and Drug Administration (FDA).

What does spirulina taste like?
The taste of spirulina greatly varies depending on its source. The spirulina used in the Cairn GEBT is grown in a dedicated drug manufacturing facility. It is tasteless in the Cairn GEBT meal.

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 patty. Your doctor will ask you to eat this patty 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 Cairn 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 Cairn 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 www.cairndiagnostics.com.
WHAT TO EXPECT AT THE DOCTOR’S OFFICE

Before you take the test, your doctor will:
• Ask you about your medical information to complete a form.
• Collect a copy of your health insurance card.
• Test your blood sugar levels if you have diabetes.

To take the test:
1. You will sit comfortably at a table in your doctor’s office.
2. The person administering the test will collect two breath samples before you eat the GEBT meal. All you have to do is take a deep breath and exhale into a glass tube through a plastic straw.
3. Using a microwave, the person administering the test will prepare a special meal of scrambled eggs with spirulina for you to eat. He or she will also ask you to eat six saltine crackers and drink a glass of water.
4. After you finish the meal, the person administering the test will take six more samples of your breath. You will provide these samples in the same way you did the first two — by taking a deep breath and exhaling into a glass tube through a straw. The first sample will be taken 45 minutes after you finish the meal.
5. Additional samples will be taken 90, 120, 150 and 180 minutes later. In the time between taking samples, you should sit quietly while your body empties and digests the meal you have eaten. The test ends after taking the last breath sample at 240 minutes (four hours).

Once you have completed all of the breath samples, your doctor will mail your breath samples to the Cairn Diagnostics laboratory for analysis. The results of this analysis will be sent to your doctor and will help determine if you have gastroparesis.