

CAIRN GASTRIC EMPTYING BREATH TEST (GEBT)

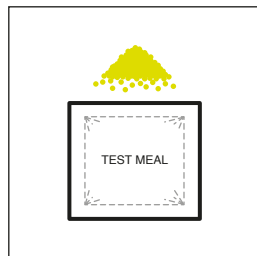
Administration Guide



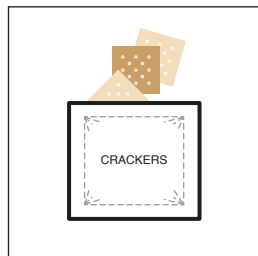
¹³C-SPIRULINA GASTRIC EMPTYING BREATH TEST

For complete warnings, precautions and contraindications, please see the package insert.

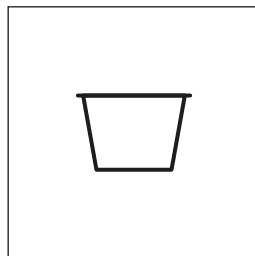
Included in the Cairn Gastric Emptying Breath Test:



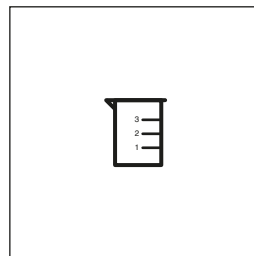
1 pouch containing the GEBT meal, including pharmaceutical-grade ^{13}C -Spirulina/egg mixture in foil pouch with oxygen absorber



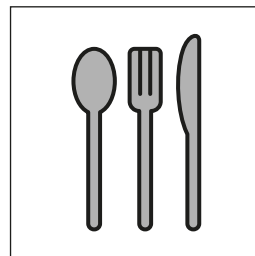
6 saltine crackers (3 packages of two crackers each, packaged in a foil pouch with oxygen absorber)



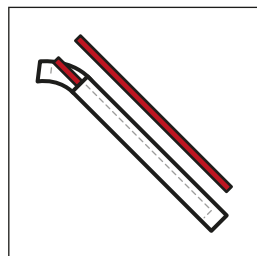
1 large 13 fl oz (390 mL) microwaveable cooking cup



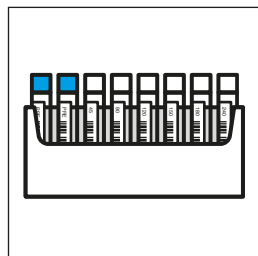
1 plastic cup (3.5 fl oz or 100 mL) with pour spout



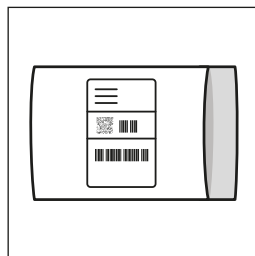
1 plastic cutlery kit (including fork, knife and spoon)



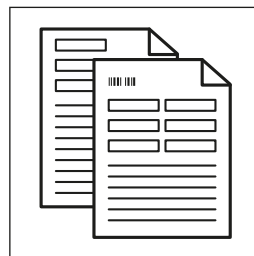
2 wrapped plastic straws



8 glass, barcoded breath collection tubes with screw caps in tube holder



1 mailer with return label



1 GEBT Request Form and Package Insert

Not included but required for test:

Interval timer or clock

1100-watt microwave oven with turntable

Disposable plate

Disposable drinking cup (with 6 fl oz or 180 mL of potable water)

Copy of patient's insurance card

HOW TO ADMINISTER THE CAIRN GASTRIC EMPTYING BREATH TEST

1. Patient preparation:

Patient must fast for 8 hours. No solid foods or liquid (including alcoholic beverages), with the exception of 4 fl oz (120 mL) of water up to 1 hour before the test.

With physician authorization, the patient should be off any drugs that can influence the rate of gastric emptying for three days prior to the test. Known drugs that influence gastric emptying are Reglan, Erythromycin, opiates and anticholinergics.

Patients should refrain from receiving any other ^{13}C breath test within 24 hours.

Patients with diabetes should bring their testing supplies with them to ensure that they have a blood serum glucose level less than 275 mg/dL.

Patients should sit quietly and refrain from smoking and/or eating until the test is complete.

2. Add patient information to request form:

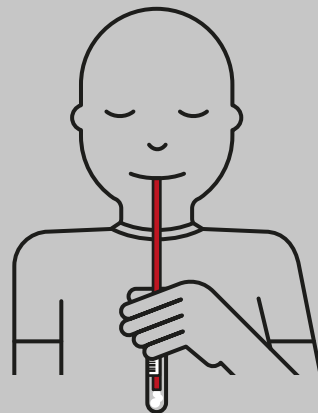
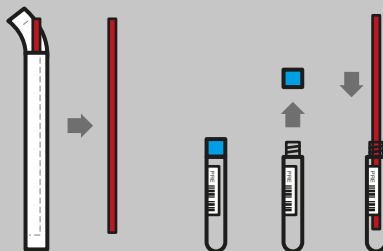
Fill out the GEBT Request Form, including ALL patient demographic information (required for accurate test result calculation). Include patient medical information and be sure to get a copy of the patient's insurance card.

3. Collect pre-meal breath samples:

Collect two pre-meal breath samples, using the pre-meal sample tubes with blue caps. Follow the directions for "Collecting breath samples" on the right.

Collecting breath samples:

Remove the cap (blue for pre-meal and white for post-meal) from the breath sample tube and insert straw.



Ask the patient to:

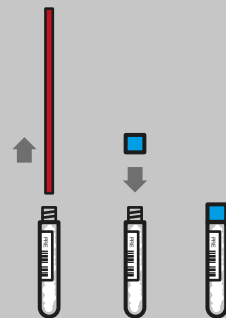
Hold the tube in a comfortable position

Take a deep breath and pause momentarily

Blow gently into tube for 5-10 seconds

Slowly withdraw straw from tube while continuing to breathe into tube

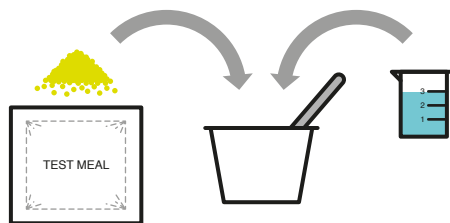
Immediately close the tube securely with the cap. Close the cap carefully to avoid overtightening. Return tube to its place in the provided holder.



Note: Tubes containing breath samples can be easily identified by the presence of condensation inside the tube.

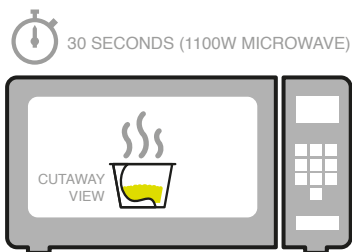
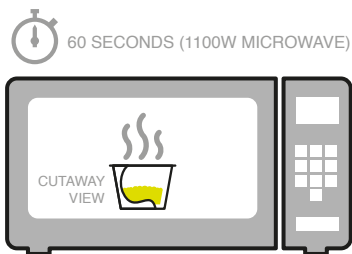
4. Prepare and serve the GEBT meal:

Empty the contents of the GEBT meal pouch into the cooking cup. Remove the oxygen absorber and discard. Use the graduated filling cup to add 3 fl oz (90 mL) potable water to the GEBT meal in the cup. Stir with the provided spoon.

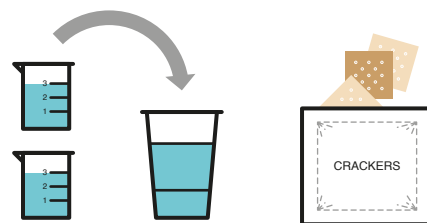


Note: Mixture should not be allowed to rehydrate for longer than 5 minutes.

Cook the rehydrated GEBT meal for 60 seconds in a 1100 watt microwave. Flip the partially cooked GEBT meal with the spoon. Cook for an additional 30 seconds.



Transfer the cooked GEBT meal to a plate and allow to cool briefly. Serve the cooked meal, saltine crackers and 6 fl oz (180 mL) potable water to the patient. Note: Patient must consume meal within 10 minutes.

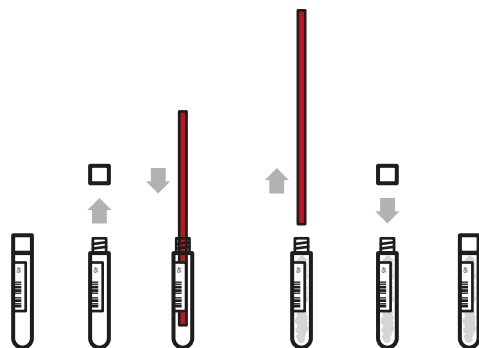


CAUTION: Cooked GEBT meal will be hot.

5. Collect post-meal breath samples:

As soon as the meal is consumed, record the time on the GEBT Request Form and set a timer for the post-meal breath samples.

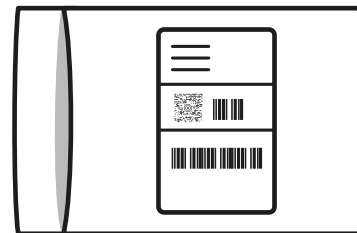
Collect six post-meal breath samples using the corresponding tubes with white caps. Collect at 45, 90, 120, 150, 180 and 240 minutes from the time at which the patient finished consuming the meal, recording each time of collection on the GEBT Request Form. Follow the directions for "Collecting breath samples" above.



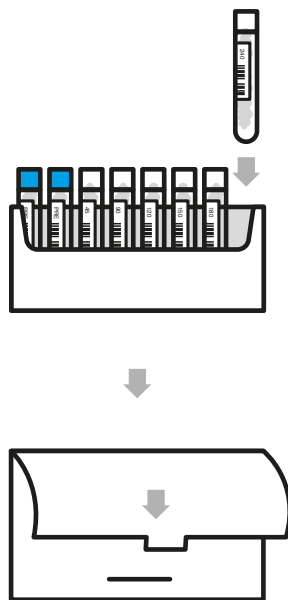
6. Submit GEBT breath samples:

Send the following to Cairn Diagnostics in the pre-labeled return packaging:

- Breath samples in the cardboard tube holder
- Completed GEBT Request Form
- Copy of the patient's insurance card



Note: For accurate results, samples must be mailed within three weeks of collection.





¹³C-SPIRULINA GASTRIC EMPTYING BREATH TEST

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