



Cairn Diagnostics developed the 13C-Spirulina Gastric Emptying Breath Test (GEBT) to accurately measure the rate of solid phase gastric emptying and aid in the diagnosis of gastroparesis.

What it is?

GEBT is an FDA-approved, guideline recommended, standardized alternative to traditional gastric scintigraphy, that allows patients to completed testing at home rather than visiting a nuclear medicine center.

How it works?

The test is performed over four hours following an eight hour fast. Patients provide breath samples before and after consuming a 13C-labeled test meal. The GEBT meal contains a microwaveable scrambled egg mix with pharmaceutical-grade Spirulina, a safe nutrient-rich blue-green algae enriched with carbon-13. As the stomach empties the meal it is digested and metabolized, producing 13C-labeled CO₂ (13CO₂) that appears in the patient's breath. The rate of gastric emptying is determined by measuring the rate of 13CO₂ excretion. The faster the 13CO₂ excretion, the faster the stomach has emptied.

In practice

Once a clinician places an order, Cairn's team contacts the patient to schedule the test and provide initial instructions. A GEBT kit is shipped directly to the patient, and the test is completed at home, under virtual supervision of one of Cairn's trained telehealth administrators.

Patients collect two pre-meal breath samples, prepare and eat the test meal under the watchful eye of their test administrator, then relax for four hours. Automated text message reminders prompt them to collect six post-meal breath samples. At the end of the test, all samples are returned to Cairn's CLIA certified laboratory using a pre-paid mailer. Results are typically available to the ordering clinician within two business days of sample receipt.

Why GEBT?

For many patients and physicians, the pathway to a definitive diagnosis can be complex, slow and frustrating. GEBT provides an accessible, non-radioactive, patient-friendly diagnostic option that enhances clinical decision-making and expands testing availability.

ORDER THE GEBT

Contact Us at 615-376-5464 or info@cairndx.com | Order Online at cairndiagnostics.com