



Welcome to the Interactive Guide for the Cairn GEBT for Gastroparesis

The following guide will take you through each step of the Cairn ^{13}C -Spirulina Gastric Emptying Breath Test (GEBT) for measuring the rate of gastric emptying in adults. The test is conducted over a four-hour evaluation period after an eight-hour fast. Two baseline breath samples are collected, the patient consumes a safe, non-radioactive test meal and then six more post-meal samples are collected. All eight breath samples are then sent to Cairn's laboratory for analysis.

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Prior to taking the Cairn GEBT, patients should complete the following steps:

- Fast for eight hours (no solid foods or liquid), with the exception of 4 fl oz or 120 mL of water up to one hour before the test
- Refrain from taking any drugs that can influence the rate of gastric emptying (which may include Reglan, Erythromycin, opiates, anticholinergics and others) for three days prior to the test
- Refrain from receiving any other ^{13}C breath test within 24 hours
- Test their blood serum glucose to ensure levels are below 275 mg/dL (diabetic patients only)
- Sit quietly and refrain from smoking and/or eating until the test is complete
- Complete the GEBT Request Form with the test administrator, including a copy of the patient's insurance card

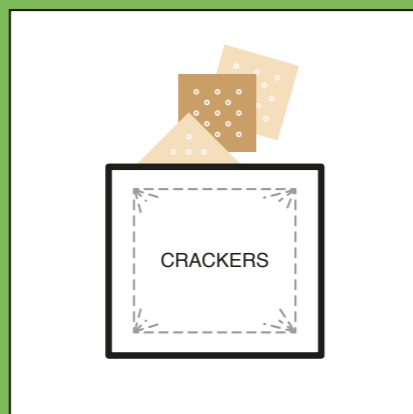
For complete warnings, precautions and contraindications, please see the Cairn GEBT package insert.

Begin Test

Included in the Cairn Gastric Emptying Breath Test:



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



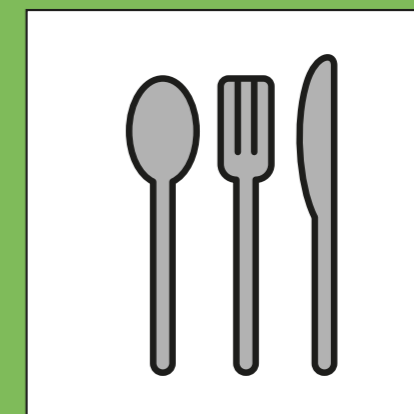
6 saltine crackers (3 packages of two crackers each, packaged in a foil pouch with oxygen absorber)



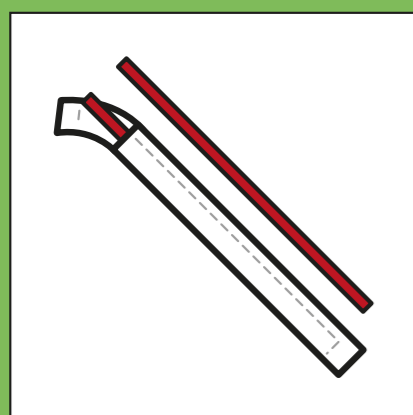
1 large (8 oz) microwaveable cooking cup



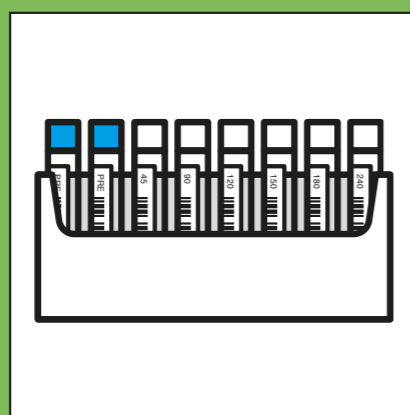
1 plastic cup (3.5 fl oz) with pour spout



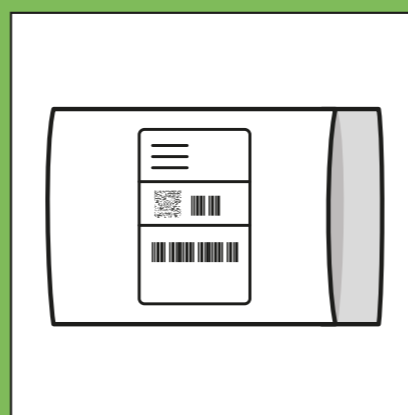
1 plastic cutlery kit (including fork, knife and spoon)



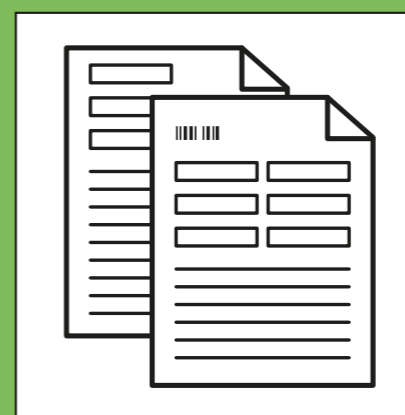
2 wrapped plastic straws



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



1 mailer with return label

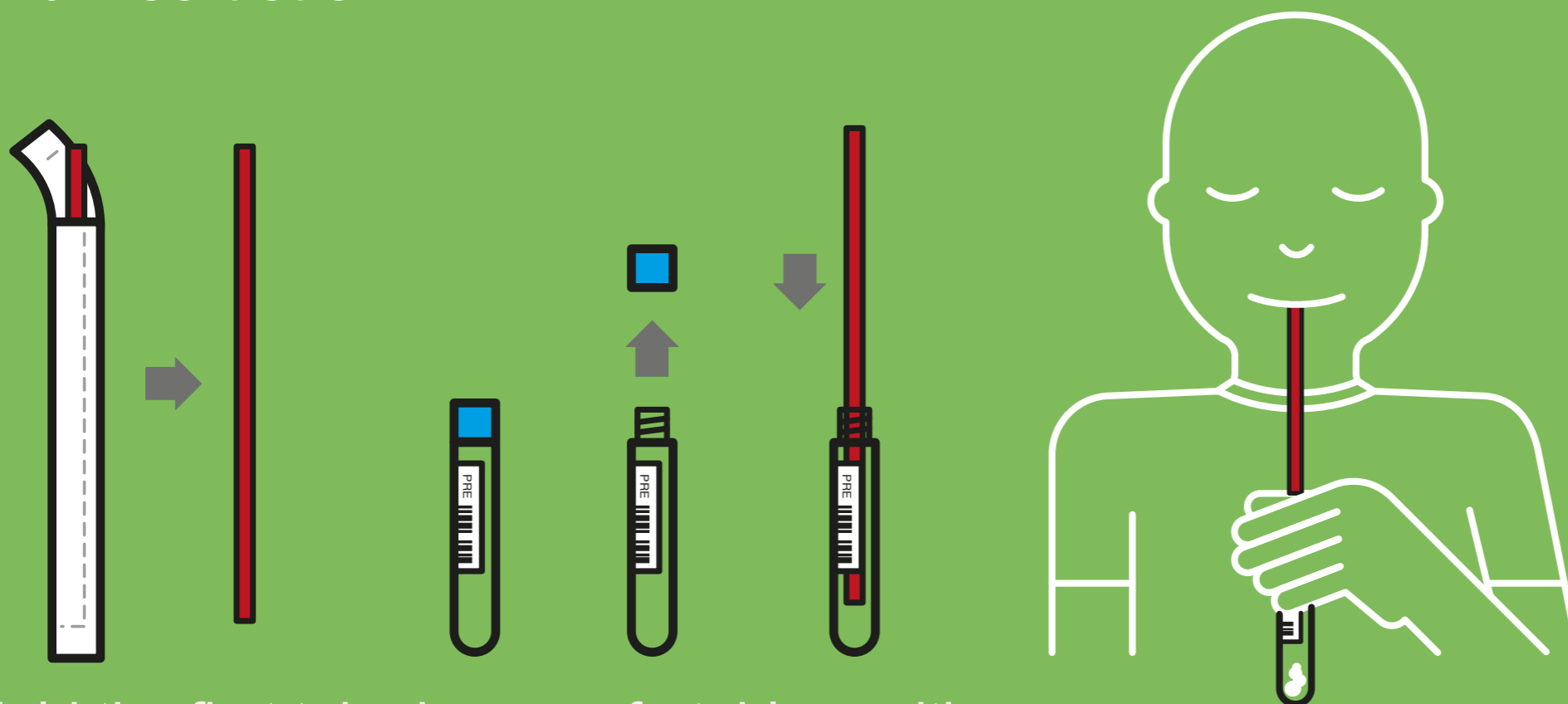


1 GEBT Request Form and Package Insert

Next

Step 1: Collect two pre-meal breath samples

Remove the blue caps from the pre-meal breath sample tubes and insert straw.



Hold the first tube in a comfortable position

Take a deep breath and pause momentarily

Blow gently into tube for 5-10 seconds

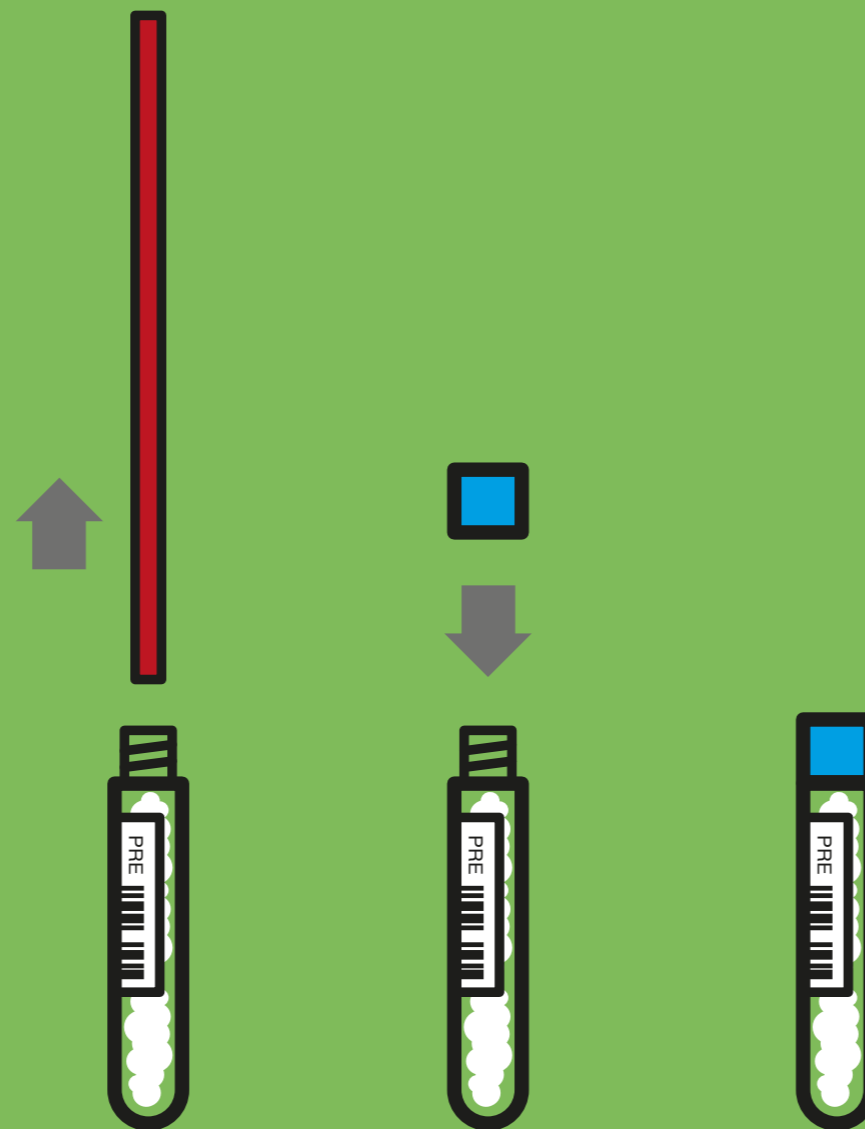
Slowly withdraw straw from tube while continuing to breathe into tube

Steps:



Next

Immediately close the tube securely with the cap. Close the cap carefully to avoid overtightening. Return tube to its place in the provided holder. Repeat with the second pre-meal breath sample.



Next

Steps:



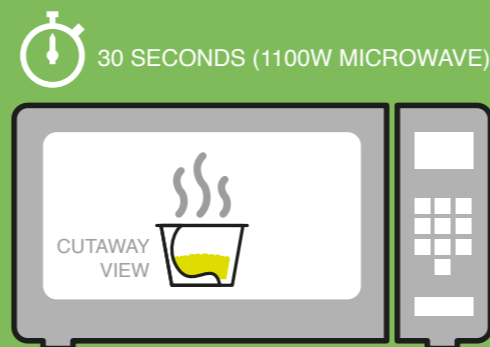
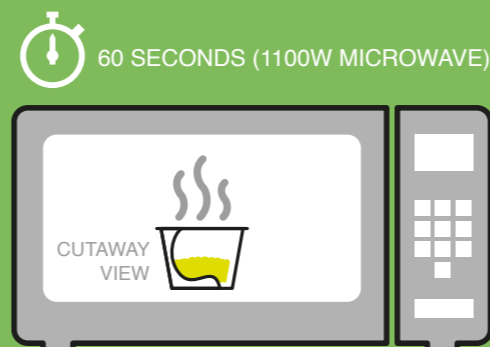
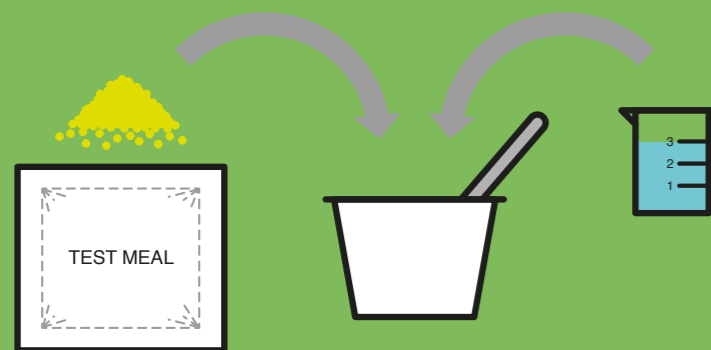
Step 2: Prepare and serve the GEBT meal

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.

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.

CAUTION: Cooked GEBT meal will be hot.



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

Steps:



Note: Patient must consume meal within 10 minutes.

Click to start 10 minute timer

The patient must consume the Cairn GEBT meal within 10 minutes.



As soon as the patient has consumed the meal, hit Next to start a 45 minute countdown timer to the first post-meal breath sample.

Steps:



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Next

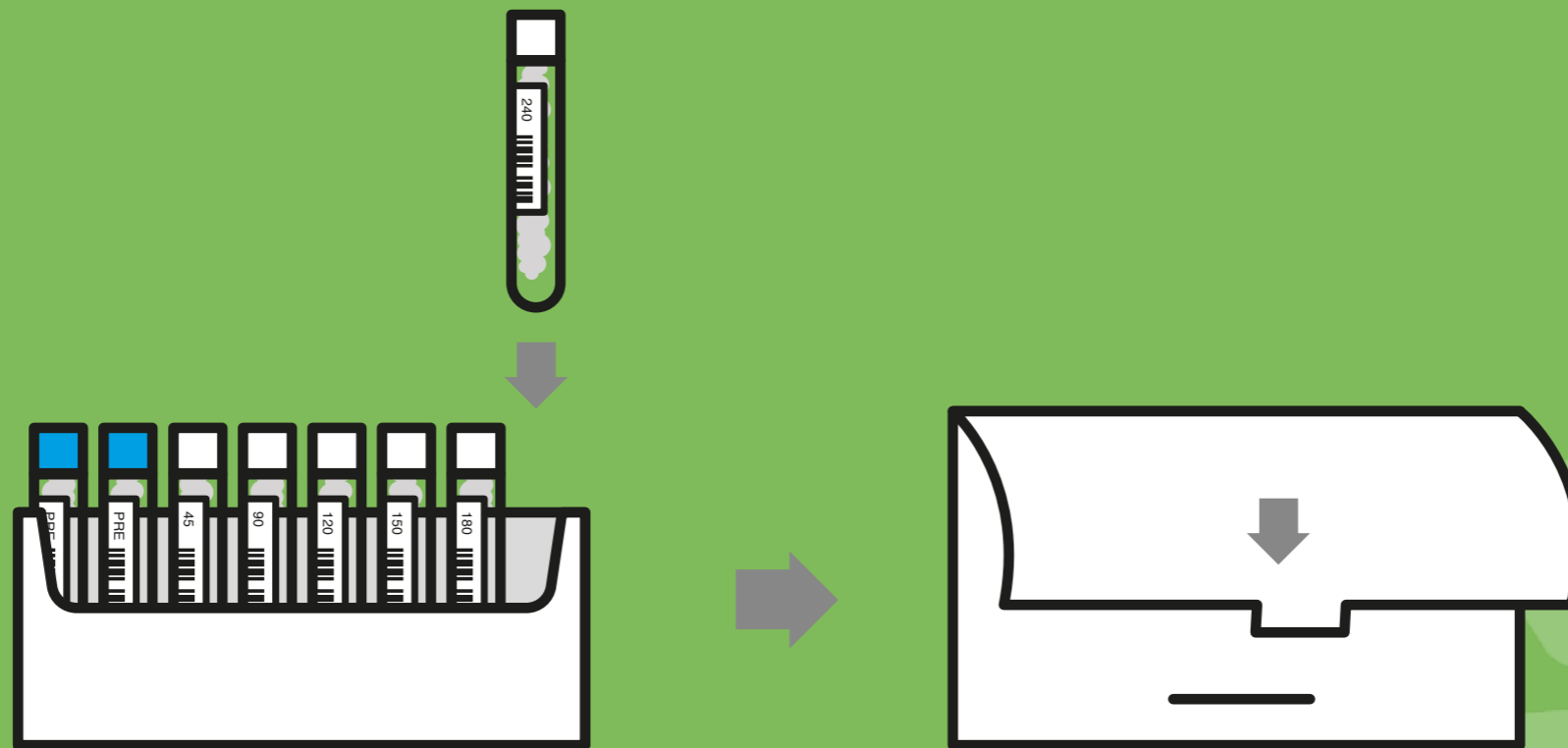
Steps:



Submit GEBT breath samples

Check that breath samples in cardboard tube holder are ready to be mailed to Cairn Diagnostics using the pre-labeled return packaging.

Remember to include the GEBT Request Form and a copy of the patient's insurance card.



Finished!

Thank you!

Once patient breath samples reach Cairn's laboratories they will be analyzed using specialized, FDA-approved instrumentation to determine the rate of gastric emptying. Cairn's laboratory will prepare a patient gastric emptying report for the ordering physician to assist in the diagnosis of gastroparesis.

For questions, please contact Cairn Diagnostics at info@cairndx.com or +1 (615) 376-5464.

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