



Forgy Meal Study

You are scheduled for a Forgy Meal Study. The following information will help you understand how the test works.

Gastrin is a hormone that signals the small intestine to make gastric acid. The Forgy Meal Study measures how much gastrin the small intestine makes after you eat a high-protein breakfast.

The results of this test help confirm a diagnosis of Zollinger-Ellison Syndrome (ZES) or another cause of excess gastric acid production. People with ZES usually show a normal response to this test; people with other causes of gastric acid production usually show a raised level of gastric acid.

- Preparation:**
- Do not eat or drink after midnight on the day of the test, until the test is completed.
 - You will be on bedrest during the test.
- Procedure:**
- Your nurse will insert an I.V. (intravenous) line into your arm. This line will be used to take blood samples for measuring gastrin.
 - After two baseline blood samples are drawn, you will be served a high protein breakfast: one slice of white bread, 7 ounces of whole milk, one boiled egg, two slices of American cheese.
 - At certain intervals, your nurse will draw three more blood samples. These samples will be tested for gastrin content.
 - The test lasts about 1 hour.

After the Procedure:

After the last blood drawing, the I.V. will be removed (unless it is needed for other purposes). Your breakfast will then be served.

If you have questions about the procedure, please ask. Your nurse and doctor are ready to assist you at all times.

Special Instructions:



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This information is prepared specifically for patients participating in clinical research at the Warren Grant Magnuson Clinical Center at the National Institutes of Health and is not necessarily applicable to individuals who are patients elsewhere. If you have questions about the information presented here, talk to a member of your healthcare team.

Questions about the Clinical Center? OCCC@cc.nih.gov

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