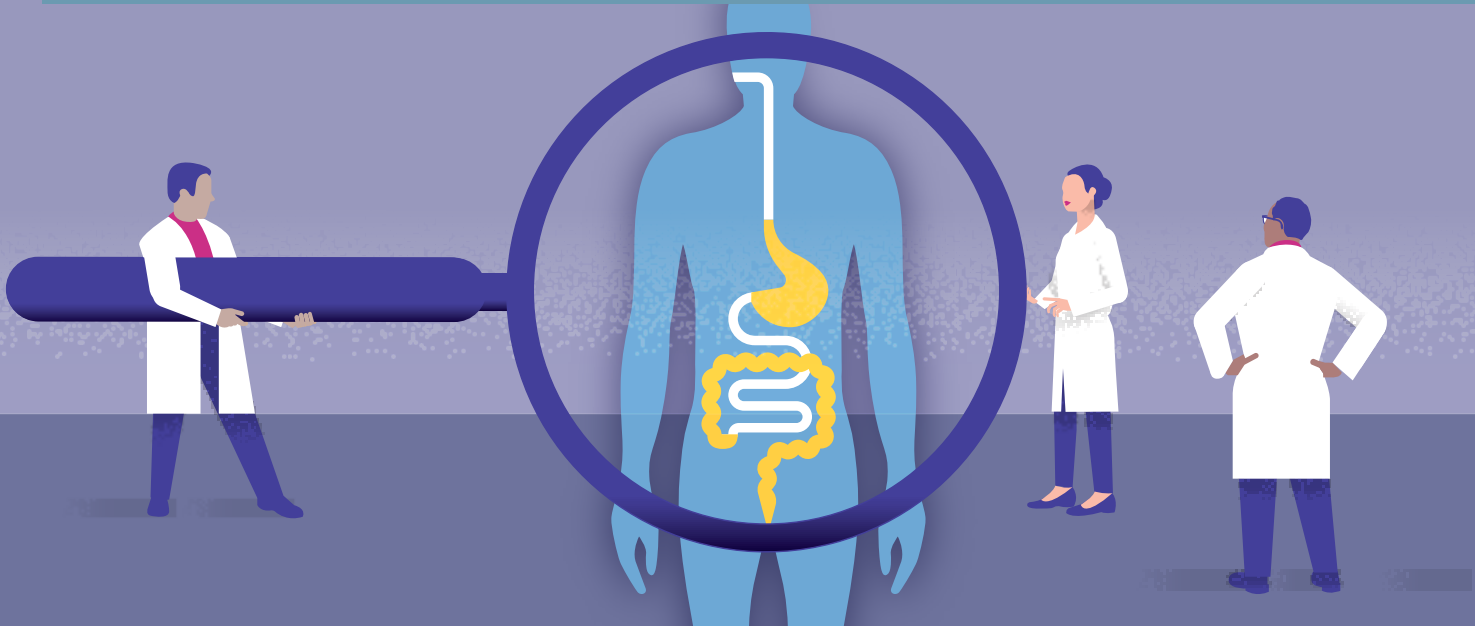


# Sham Feed Test Preparation Instructions



- DISCUSS MEDICATIONS** and any health conditions you have with your doctor. Your doctor will provide instructions for how to appropriately adjust your medications prior to your test. Instructions may include the following changes:
  - If you are diabetic, your medications might need to be adjusted. Please consult your prescribing doctor.
  - Take scheduled medications at least 2 hours prior to your test with a small amount of water.



- SCHEDULE** your sham feed study. Please call our **Patient Communication Center (PCC) at 310-825-7540** to schedule your sham feed study, if it was not scheduled for you at your clinic appointment. Note: The PCC may also call you to schedule the procedure.



**LOCATION** Your sham feed study will be performed by a **nurse** at the location listed:

- UCLA Medical Center**  
**100 UCLA Medical Plaza #205**  
Los Angeles, CA 90095

Date \_\_\_\_\_

Time \_\_\_\_\_

*(Please check in 15 minutes before procedure time)*

## IF YOU ARE ON ANY MEDICATIONS LISTED BELOW, PLEASE FOLLOW THESE INSTRUCTIONS:



**48 HOURS BEFORE** your procedure, do not drink alcohol.



**THE NIGHT BEFORE YOUR TEST** drink plenty of fluids to stay well hydrated. It is easier to place the IV for drawing blood when you are well-hydrated.



**THE MORNING OF** your procedure, do not smoke, chew gum or exercise.



**6 HOURS BEFORE** your procedure, do not eat or drink anything.



**THE DAY OF YOUR TEST** bring a fatty meal such as a hamburger or veggie burger, fries, and a drink to your appointment.

## WHAT IS A SHAM FEED STUDY AND WHAT CAN I EXPECT DURING THE PROCEDURE?

The sham feed study is used to check how the Vagus nerve functions. A sham feed is when food is chewed but not swallowed. During a sham feed, the pancreas secretes pancreatic polypeptide into the bloodstream. In this study, pancreatic polypeptide levels are checked with a series of blood draws at different timed intervals.

The sham feed study will be performed by a nurse. The nurse will draw blood from you six different times. To avoid inserting a needle each time, the nurse will place a peripheral IV in your arm. During each blood draw a small amount of blood is drawn (about a teaspoon).

The nurse will draw blood twice and then instruct you to chew and spit your meal into a plastic bag. Once the sham feed is done, the nurse will draw blood four more times at different timed intervals. Once the blood draws have been completed, the nurse will remove the IV and you can return to your usual activities. The test takes about an hour to complete.

