

PATIENT CONSIDERATIONS FOR NUCLEAR MEDICINE

Before the exam

You are NOT allowed to take Beta Blockers (medications that lowers your heart rate) for **24 hours prior** to the exam. You are NOT allowed to consume caffeine for 24 hours prior to the test. This includes decaffeinated coffee, tea, cocoa, (chocolate), soft drinks, etc.

TYPE	PREPARATION
Bone Scan Whole Body/ 3-Phase Multiple Areas/Limited	Please drink 3-4 cups of water the morning of your exam.
Cardio Adenison Stress Test	No caffeinated products 24 hours prior to exam. No Cardiac medications 48 hours prior to exam. Nothing to eat or drink 3 hours prior to exam (Only water is acceptable). If asthmatic, please bring your inhaler. Bring a snack or meal
Hepatobiliary/HIDA Scan	Eat a proper meal between 6 and 24 hours prior to your exam. Do not eat or drink 6 hours prior to exam. No morphine/fentanyl or any opiate medication 24 hours prior to exam.
Meckel's Study	No concurrent radiographic barium contrast studies for 48 hours prior to exam. Do not eat or drink 6 hours prior to exam
Muga Scan	During the 4 hours prior to your exam please refrain from food, drink, caffeine and cardiac medication. There are contraindications for patients with known severe arrhythmias. Please inform our office if you are diagnosed with arrhythmias.
Renal	No radiographic iodinated/barium contrast study on day of exam. Please drink 4 cups of water 4 hours prior to exam. For patients with diuretic study, discontinue drinking coffee and be off any diuretic medication or products.
Thyroid Uptake & Scan	For one (1) week prior to your exam: <ul style="list-style-type: none"> You must be OFF all thyroid medication unless otherwise directed by your doctor. You are NOT allowed to eat and must be on a low sodium diet. No multivitamins (e.g. Centrum Silver or anything containing Fish Oil and Iodine). Must be on low-iodine diet. Please refrain from eating the following: cabbage, turnips, soybeans, greens, seafood, shell fish, kelp, or large amount of table salt. <p>This procedure is NOT recommended if you have had a contrast exam (IVP, CT, etc.) within the last 4 weeks.</p>
Thyroid Scan Only (Iodine Allergic Patients)/ I-131 Scan	For one (1) week prior to your exam: <ul style="list-style-type: none"> You must be OFF all thyroid medication unless otherwise directed by your doctor. No multivitamins (e.g. Centrum Silver or anything containing Fish Oil and Iodine). Please refrain from eating the following: seafood, kelp or large amounts of table salt.
Octreotide Scan	<p>Octreotide therapy medication should be stopped 72 hrs prior to the first scheduled exam.</p> <p>Drink the provided bottle of Magnesium Citrate (offered only at the Ontario location) the night before the exam.</p> <p>You must maintain a liquid only diet (no solids) for 24 hours prior to your exam. If you are unable to maintain a fast for 24 hours, chicken broth with a few crackers and Jell-O may be consumed in small quantities.</p>

The following exams do not require any preparations:

Gallium Scan, Indium WBC Scan, Sestamibi/Parathyroid Scan, Liver/Spleen Scan.

Please visit www.centrelakeimaging.com for detailed preparations for PET/CT and Cardiolite/Stress Test/Myocardial Perfusion exams.

During the Exam

During the day of your exam, please do not wear lotion. You may be asked to wear a gown that will be provided for you. The length of the procedure varies on the type of scan you are undertaking.

After the Exam

You may leave immediately and return to your normal activities after the exam. It is advised to have a friend or family member join you for to your scheduled appointment to transport you to/from our facility if necessary. You will still be radioactive for a minimum of 24 hours depending on what radioactive isotope is given to you.

**If you need to cancel or reschedule your appointment,
please contact us at least 24 hours in advance to avoid a No Show Fee.**