

# TO PREPARE FOR YOUR EXAMINATION

## BONE

### BONE SCAN

No preparation is required; patients should come well hydrated and will be encouraged to drink fluids between the time of the injection and the time of scanning.

### DEXA (Bone Density) SCAN

No Preparation. No oral X-ray dye within 4 days before test.

## CARDIAC

### MUGA (Cardiac Blood Pool)

No special preparation.

### MYOCARDIAL PERFUSION SCAN

Treadmill – nothing to eat or drink 3 hours before the test. Caffeine and alcohol should be avoided for 12 hours before the test. Ask your physician about Beta Blockers. Please avoid stomach acid reducing medications 1 day before treadmill test.

Pharmacologic – avoid all food or medication that contains caffeine, theophylline or aminophylline for 24 hours prior to the test; this means no tea, decaffeinated tea, herbal tea, coffee, decaffeinated coffee, soda and Excedrin. Please avoid stomach acid reducing medications 1 day before test. The test will take 2 hours.

## CNS

### BRAIN SPECT

No benzodiazepines 24 hours prior to your examination.

## ENDOCRINE

### THYROID SCAN

Avoid seafood for 1 week prior to test. Avoid X-ray contrast and thyroid hormones (Synthroid, Levoxyl, Thyroid) for 4 weeks, PTU and Tapazole for 5 days. Nothing to eat for one hour prior to your first appointment.

### THYROID WHOLE BODY METASTATIC SCAN

Nothing to eat or drink for 1 hour prior to dosing. The scan is usually performed 48 to 72 hours after dosing. Patients are typically prepared for this examination with thyrogen injections or thyroid hormone changes. Patients should contact us if they have not been told what to do. Please call us if you have had X-ray dye in the past 3 months.

### PARATHYROID IMAGING

No Iodine contrast studies within 10 days of your appointment.

## GI

### GASTRIC EMPTYING

No food or drink after midnight before your examination and you should discontinue all sedatives 12 hours prior to the examination.

### GE REFLUX

Take nothing by mouth (food or liquid) for 4 hours prior to your study.

### HIDA SCAN (HEPATOBIILIARY SCAN)

Take nothing by mouth (food or liquid) for 4 hours prior to your study. No narcotic or opiate based pain medication 6 hours prior to your study.

### MECKEL'S DIVERTICULUM EXAM

Do not eat for 4 hours prior to test. Patients may be told to take Tagamet one day before test.

### SALIVARY GLAND

No Thyroid Blocker Medication (SSKI or Perchlorate) 48 hours before your examination.

## RENAL/GENITOURINARY

### CAPTOPRIL RENAL SCAN

Patients should avoid ACE inhibitors and angiotensin receptor blockers (blood pressure medicines) for 48 hours prior to the scan; please consult your doctor about this. Patients will need to arrive hydrated.

### DIURETIC RENAL SCAN

Hold your diuretics on day of exam.

### PROSTASCINT

Detailed preparation required. Please call our center for complete instructions.

## THERAPY

### I-131 THERAPY HYPERTHYROIDISM

You will see a Nuclear Medicine Physician in consultation prior to treatment; he/she will discuss the treatment in detail including preparation.

### I-131 THERAPY THYROID CARCINOMA

You will see a Nuclear Medicine Physician in consultation prior to treatment; he/she will discuss the treatment in detail including preparation.

## TUMOR/INFECTION

### TUMOR IMAGING GALLIUM SCAN

No contrast studies should be performed during your examination period of 72 hours.

### MIBG

Detailed preparation required. Please call our center for complete instructions.

### OCTREOTIDE SCAN

Detailed preparation required. Please call our center for complete instructions.

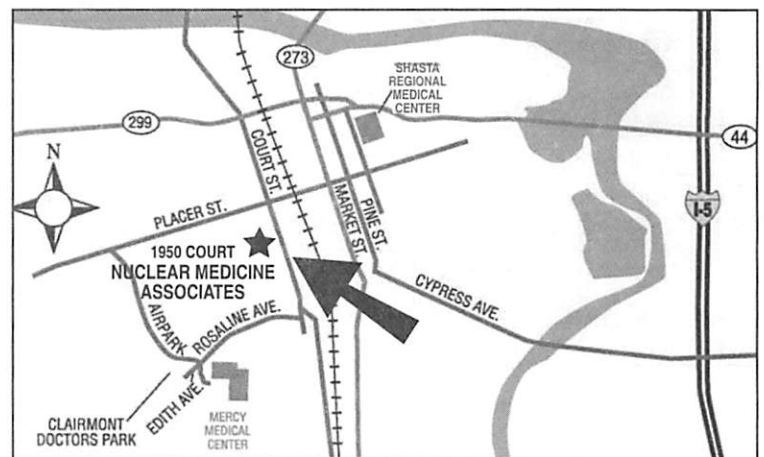


*Diplomates American Board of Nuclear Medicine*

## DRIVING DIRECTIONS

*From Interstate 5 (North or South bound) or Highway 44*

- Take the Highway 44 West/Central Redding exit
- Stay on highway, which becomes Shasta Street
- Turn left at Court Street
- Nuclear Medicine Associates will be on the right



**IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CALL US, WE'RE HERE TO HELP. (530) 225-8008**