



**PATIENT PREP GUIDELINES FOR ROUTINE
NUCLEAR MEDICINE SCANS**

NUCLEAR MEDICINE SCANS	PATIENT PREPS
BONE	NO PREP REQUIRED
CARDIAC (STRESS TESTS)	<ol style="list-style-type: none">1. FOR OPTIMAL RESULTS PTS. SHOULD DISCONTINUE ALL CARDIO-ACTIVE MEDICATIONS BEFORE STUDY: BETABLOCKERS FOR AT LEAST 24HRS, LONG ACTING NITRATES FOR AT LEAST 4HRS & NITROGLYCERINE FOR AT LEAST 6HRS, ALL CALCIUM CHANNEL BLOCKERS FOR AT LEAST 24HRS, AND NO CAFFIENE FOR AT LEAST 6-24HRS.2. PATIENT SHOULD BE FASTING (NPO) FOR AT LEAST 2-4HRS PRIOR TO EXAM. ALL INPATIENTS SHOULD BE NPO AFTER MIDNIGHT.3. REQUEST PATIENTS HEIGHT AND WEIGHT WHEN SCHEDULING EXAM.
THYROID UPTAKE & SCAN	<ol style="list-style-type: none">1. PATIENT MUST DISCONTINUE ALL THYROID HORMONE REPLACEMENT/SUPPLEMENTAL MEDICATIONS (i.e. THYROXINE (T4) FOR AT LEAST 10 DAYS, TRIIODOTHYRONINE (T3) FOR AT LEAST 3 DAYS. PTU AND TAPAZOLE FOR AT LEAST 3 DAYS PRIOR TO EXAM)2. PATIENT MUST NOT HAVE HAD INTRAVENOUS OR INTRATHECAL IODINATED CONTRAST MATERIAL (IVP, CT WITH CONTRAST MYELOGRAM, ANGIOGRAM) FOR AT LEAST 3 WEEKS PRIOR TO EXAM.3. DO NOT EAT ANY SEAFOOD, SHELLFISH ESPECIALLY, 2 WEEKS PRIOR TO EXAM.4. PATIENT SHOULD BE NPO 4HRS PRIOR TO EXAM.5. PATIENTS CANNOT BE PREGNANT OR BREASTFEEDING.
LUNG (VQ SCANS)	NO PREP REQUIRED
HEPATOBIILIARY (HIDA SCANS)	<ol style="list-style-type: none">1. PATIENTS SHOULD BE NPO 4-6HRS PRIOR TO EXAM, BUT NOT MORE THAN 24HRS.2. DISCONTINUE ALL OPIATE TYPE MEDICATION (MORPHINE, CODEINE, ETC.) 6HRS PRIOR TO EXAM.

LIVER/ SPLEEN	NO PREP REQUIRED
RENAL	NO PREP REQUIRED
GI BLEED	NO PREP REQUIRED *PATIENT SHOULD BE ACTIVELY BLEEDING.
MECKLES	NO PREP REQUIRED
GASTRIC EMPTYING	<ol style="list-style-type: none"> 1. PATIENT SHOULD BE NPO FOR AT LEAST 6HRS PRIOR TO EXAM. 2. PATIENT SHOULD DISCONTINUE SEDATIVES FOR 12 HRS PRIOR TO EXAM.
PARATHYROID	NO PREP REQUIRED
CISTERNOGRAM	NO PREP REQUIRED
GALLIUM/INDIUM	NO PREP REQUIRED
LYMPHOSCINTIGRAPHY (SENTINAL NODE)	NO PREP REQUIRED

***ANY WOMAN WHO IS PREGNANT OR BREASTFEEDING SHOULD CONSULT PHYSICIAN BEFORE SCHEDULING ANY NUCLEAR MEDICINE PROCEDURE.**

**** BARIUM STUDIES AFFECT THE FOLLOWING NUCLEAR MEDICINE PROCEDURES:**

1. **BONE SCANS.**
2. **LIVER/SPLEEN SCANS.**
3. **HIDA SCANS.**
4. **MECKLES SCANS.**
5. **GI BLEED SCANS.**
6. **GALLIUM SCANS.**

PATIENTS SHOULD WAIT AT LEAST 48-72 HRS PRIOR TO SCHEDULING ONE OF THESE TESTS AFTER HAVING AN EXAM INVOLVING BARIUM.