



Full-Service, All Digital Imaging Network

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.

Type	Preparations
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 24hrs prior to exam No Cardiac medications 48hrs prior to exam Nothing to eat or drinking 3hrs 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. (Only water is acceptable) 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 Thyroid Scan ONLY (Iodine Allergy Patients)	For one (1) week prior to your exam: Must be OFF all thyroid medication unless otherwise directed by your doctor. 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, shellfish, kelp, or large amount of table salt. This procedure is NOT recommended if you have had a contrast exam (IVP, CT, etc.) within the last 4 weeks.
The following exams do not require any preparations: Gallium Scan, Indium WBC Scan, Sestamibi/Parathyroid Scan, Liver/Spleen Scan	



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You are NOT allowed to consume caffeine for 24 hours prior to the test. This includes decaffeinated coffee, tea, cocoa, (chocolate), soft drinks, etc.

During the Exam

During the day of the exam, you are advised not to 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.