

What is Nuclear Medicine?

Nuclear medicine is the practice of using radioactive materials to diagnose, treat, and prevent a variety of ailments and abnormal occurrences in the human body.

Please bring a copy of your medications (prescribed and over the counter) to your exam.

If your test is **not** listed below, there are no other special instructions

How do I prepare for my exam?

Please read carefully, as each exam requires special preparation.

The following nuclear medicine exams **require preparation** before the exam:

1. Gallbladder Study

- **DO NOT** eat or drink for 4 – 6 hours prior to your exam
- **DO NOT** take any narcotic pain medications for **eight (8) hours** before exam
- Exam takes approximately 1-2 hours to complete.

2. Gastric Emptying

- **DO NOT** eat or drink after **12:00 am (midnight)** prior to the day of your exam
- Before the exam, you will be given a bowl of oatmeal to consume.
- Exam takes approximately **one (1) hour** to complete.

3. Bone Scan – Limited and Total Body

- Feel free to eat or drink normally prior to your exam
- Take medications as needed
- You will be receiving a small injection in the vein of your arm the morning of your exam. You will need to return **three (3) hours** after injection for images.
- Images take approximately **30 minutes**.
- If possible, please bring x-rays of the affected area

4. Thyroid Studies

- This exam requires **three (3) visits within a 24 hour period**.
 - Visit 1: You will be given a small pill which allows us to evaluate your thyroid.
 - Visit 2: occurs **four(4) hours** after initial visit. We will take a 3 minute measurement of both your thyroid and thigh.
 - Visit 3: occurs **24 hours** after your initial visit. We will repeat measurements taken in visit 2. You will be given as small injection in the

vein of your arm. We will then take images of your thyroid gland, which takes approximately 20 minutes

- **DO NOT** take multi vitamins containing Iodine for **two (2) weeks** prior to exam
- **DO NOT** take antihistamines, decongestants, or Glucosamine for **two (2) weeks** prior to exam
- **DO NOT** take thyroid hormone medication for **six (6) weeks** prior to exam
- **AVOID** all X-ray / CT tests that require contrast for **six (6) weeks** prior to exam.

5. **Stress Testing (GXT) WITH Imaging- WITH or WITHOUT Pharmacological Intervention**

- **DO NOT** eat or drink after **12:00 am (midnight)** the night before the test
- **DO NOT** consume any product containing caffeine **24 hours** before the test
- **DO NOT** take your medications the morning of the exam. **Dietetic patients**, please take one half (1/2) of your insulin dose.
- **DO NOT** take beta blockers **48 hours** prior to test. **For patients with known heart disease (i.e. stents, bypass surgery or heart attack)**, please take these medications as needed.
- **DO NOT** take the drug Theophylline for **72 hours** prior to test.
- **DO NOT** take Aggronox **24 hours** prior to test.
- **DO NOT** smoke before your test
- Please wear or bring comfortable clothing and walking shoes to the exam as you may be walking on the treadmill.
- Bring a copy of your medications
- **Inform your physician if you are pregnant or breastfeeding**

6. **Stress Test (GXT) WITHOUT Imaging**

- **DO NOT** consume any product containing caffeine **24 hours** before the test
- **DO NOT** take beta blockers **48 hours** prior to test. **For patients with known heart disease (i.e. stents, bypass surgery or heart attack)**, please take these medications as needed.
- Please wear or bring comfortable clothing and comfortable shoes to the exam
- Bring your copy of your medication

7. **Renal Studies**

- Please drink **24-32 ounces (oz)** of water the morning of your test, as we will need you well hydrated for the procedure
- **DO NOT** take any diuretic medications (i.e. Lasix) the morning of your test.
- This procedure will take approximately **one (1) hour** to complete.