

CABRAMATTA NUCLEAR MEDICINE

- Nuclear Medicine, Ultrasound, Radiology

PATIENT PREPARATION

- ❖ **Cardiac scans:**
 - **Gated Blood Pool Scan**
 - No patient preparation.
 - Contraindicated for patients who are actively undergoing blood transfusions.

- ❖ **Nuclear Medicine Stress test of the Heart:**
 - No food after midnight on night before the test
 - If patient is diabetic, discuss with nuclear medicine physician for further instructions.
 - No caffeinated or decaffeinated beverages (including coffee, tea, hot chocolate, colas and most other soft drinks) the evening before the examination or on the morning of the examination (and it is preferable to avoid any coffee or caffeine for a full 24 hours prior to the exam).
 - Fast from 7:00 am on the day of the test - before this you may have a light breakfast e.g. lightly buttered toast and orange juice.
 - Wear suitable clothing and footwear if having an exercise test.

- ❖ **Renal Scans:**
 - **Renal DTPA/MAG3**
 - Drink 1 litre of clear fluid 1 hour prior to scan.
 - Void freely.
 - No diuretics day of scan.

 - **Renal DTPA with Captopril Challenge**
 - Drink 1 litre of clear fluid 1 hour prior to scan. Void freely. No diuretics day of scan.
 - Cease ACE inhibitors 3-7 days prior, depending on drug. Other antihypertensives may be substituted.

- ❖ **Gastrointestinal Scans:**
 - **Hepatobiliary Imaging (also called a HIDA or PIPIDA Scan)**
 - The patient must have nothing to eat or drink for at least 4 hours prior to the test.
 - Recent meals, as well as prolonged fasting (>24 hours) may result in false -positive results.
 - Clear fluids only for 4 hours prior to examination. No barium studies for 1 week prior to examination.

- ❖ **Gastric Emptying:**
 - The patient must have nothing to eat or drink for at least 4 hours prior to the test.

144, Cabramatta Road East, Cabramatta

Tel – 02 9724 2299

www – www.cabnucmed.com.au

CABRAMATTA NUCLEAR MEDICINE

- Nuclear Medicine, Ultrasound, Radiology

- No food after midnight on night before the test (if patient is diabetic, discuss with nuclear medicine physician for further instructions).
 - All medications related to management of gastro-intestinal symptoms to cease 48 hours prior to test. This includes Cisapride (Prepulsid), Maxalon, Donperidone (Motilium).
 - No smoking from 9pm on the day before the test.
 - Fast from midnight on day of study. Water allowed up to 8am.
 - Diabetics should bring their insulin with them.
- ❖ **Colon transit:**
- All medications related to colonic transit (mainly laxatives) to cease 3 days prior to test.
 - No smoking from 9pm on the day before the test.
 - Fast from midnight on day of study. Water allowed up to 8 am.
- ❖ **Meckel's Scan:**
- The patient must have nothing to eat or drink for at least 4 hours prior to the test.
 - Patient should not have had any recent barium studies.
- ❖ **Milk Scan:**
- Fast from midnight prior to the test
- ❖ **Labelled WBC Study:**
- No special preparation is required.
 - For patients with inflammatory bowel disease, no barium should be in the GI system.
 - A patient's CBC may be necessary prior to this test to assess severe leucopenia.
- ❖ **Gastric Emptying Study:**
- No food after midnight on day before the test.
- ❖ **Gastrointestinal Bleeding Study:**
- None.
 - Patient should not have had any recent barium studies.

OTHER SCANS

- ❖ **Bone Scan:**
- Fasting is not required.
 - Patients should be well-hydrated.
 - The patient will be required to lie flat and remain still for the images.
 - If you have private x-rays, please bring them with you on the day of the test.

144, Cabramatta Road East, Cabramatta

Tel – 02 9724 2299

www – www.cabnuccmed.com.au

CABRAMATTA NUCLEAR MEDICINE

- Nuclear Medicine, Ultrasound, Radiology

❖ **Thyroid Uptake and Scan:**

- Patient must not have any food or drink for 4 hours prior to their exam.
- Discontinue propylthiouracil or methimazole at least 3 days before the appointment.
- No iodinated contrast agents for 3-4 weeks before the study.
- For women of childbearing age who have not had a tubal ligation or hysterectomy, a pregnancy test should be obtained as close as possible (maximum 7 days) to the day of treatment with I-131.
- Patient must not be breast-feeding or recently lactating.
- Unless the patient has had known longstanding Graves' disease or toxic nodular goiter, thyroid function tests (especially TSH) within 3 weeks of the scheduled appointment are recommended.
- Cease Thyroxine 6 weeks, T3 10 days prior to study. No Iodine contrast or supplements 3 weeks prior to scan.

❖ **Lung (V/Q) Scan:**

- None.
- The patient must be able to actively breathe into a closed system, with a mask over their nose and mouth for up to 5 minutes.
- You will need to bring any chest x-rays that you have had done previously

❖ **Gallium Scan:**

- No special preparation required.
- 3-4 day study.
- Normal diet.
- No barium studies for 1 week prior to examination.
- No oral contrast during study.
- Ensure daily bowel movement during study.

❖ **Parathyroid Scan:**

- Nothing to eat 4 hours prior to exam.

144, Cabramatta Road East, Cabramatta

Tel – 02 9724 2299

www – www.cabnucmed.com.au