

# Quick Patient Preparation Guide

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<u>Study</u>	<u>Preparation</u>
All studies:	Patient Must be able to Lie Supine
Bone Scan:	Well Hydrated
Brain Scintigraphy:	No Preparation
Cisternography:	NPO after midnight / Patient must have lumbar puncture to introduce the isotope. Otherwise no preparation
First Pass Ejection fraction:	No Preparation
Gallium Scan:	Two days prior to patient being injected with isotope Give 2.5 oz milk of magnesia daily (once each day). On the day of injection Patient is to have a BE prep and then started on a clear liquid diet from midnight until the completion of the exam.
Gastric Emptying:	NPO 8 hours before test
GI Bleed:	No preparation
Hepatobiliary Scan( HIDA Scan):	NPO for 6-8 hours before test - No nicotine, chewing gum or candy. No <b>opiate derivative medications</b> 6 hours before test.
Liver / Spleen Scan:	This exam should be completed prior to any barium study or 48 hours after any barium study (UGI, BE, Small Bowel series).
Lung Scan (Perfusion or VQ scan):	A chest X-Ray is needed within 24 hours prior to study
Lung Scan ( Ventilation or VQ scan):	A chest X-Ray is needed within 24 hours prior to study
Muga:	No preparation

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## Myocardial perfusion Studies:

These include :

**Nuclear Lexiscan Stress Test**

and

**Nuclear Treadmill Stress Tests**

- Absolutely NO caffeine or nicotine products, this includes chocolate and decaf coffee
- Patient does **not** need to be NPO
- If patient is on chronic (>30 days) beta blocker therapy, please give the morning of procedure. (metoprolol, Lopressor, Toprol, atenolol, Tenormin, coreg, corgard, labetalol, propranolol, tenoretic and ziac.
- If patient is on chronic (>30 days) nitrate therapy, please give nitrates the morning of the exam. If the patient is not on chronic nitrate therapy, then hold the morning of exam. This includes removing and wiping the skin under nitropaste.
- Hold theophylline or aminophylline 48 hours prior to procedure. If patient is unable to tolerate absence for 48 hours prior to procedure, then patient is not a candidate for lexiscan testing.
- HOLD persantine (dipyridamole) for at least two days prior to the exam. If the patient is unable to tolerate absence for 48 hours prior to procedure, or is not a candidate for cessation of this medication, then patient is not a candidate for lexiscan testing.
- Patient can eat a light breakfast/lunch the day of their test.

Renal Scintigraphy:

Well hydrated

Renal Scintigraphy with Captopril:

Well Hydrated and off of ace inhibitors 48 hours prior to study.

Renogram:

Well hydrated

Thyroid Uptake and Scan:

Patient must be **off thyroid medication 4-6 weeks:** Schedule before IVP, gallbladder X-Rays, CT's with IV contrast, or any other nuclear studies for 4-6 weeks after such exams.

No iodine -based medications or contrast for 4-6 weeks prior to exam.

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Meckels Scan: NPO 4-12 hrs prior to exam, no thyroid blocking agents ( perchlorate or saturated solution of potassium iodide) 48 hrs prior to exam, no barium 48 hrs prior to exam

Lymphoscintigraphies: Patient prep is generally determined by the performed surgery after the exam.  
It is recommended that numbing cream be applied to the area that will be injected.