

Nuclear Medicine Preparation



The following studies require no preparation:

- **Bone/Bone Marrow**
- **Gallium (unless specified by ordering physician)**
- **Liver**
- **Lung (VQ)**
- **MUGA**
- **Parathyroid**
- **Sentinel Node**
- **White Blood Cell** (Patients with joint prostheses, other hardware, or prior fracture usually require a Tc-99m Sulfur Colloid bone marrow scan, which is performed the day of the WBC labeling and 24 hours before the WBC imaging)

Cardiolite Stress Test per Avita Heart

** Dr. Polinski top 3 of the list only*

- Take all of your medications as usual unless instructed otherwise.
- No caffeine for 12 hours prior to the exam.
- Bring a list of all medications and medication allergies.
- Nothing to eat or drink with the exception of water for 6 hours prior to the exam.
- No smoking for 4 hours prior to the exam.

Gallbladder with Ejection Fraction (HIDA)

- NPO for a minimum of 2, but preferably 6 hours prior to the test but no longer than 24 hours.
- Opiate medication: Recommend no opiates for at least 24 hours for inpatients, and 48 hours for outpatients.

Gallbladder for Biliary Leak

- No opiates for 6 hours, unless directed by physician

Gastric Emptying

- As described on attached sheet

Renal

All of the following steps must be followed precisely or the exam will need to be rescheduled.

- Renogram & Renogram with Lasix - The patient must be kept NPO after midnight the day prior to testing. On the morning of the exam the patient must drink 3 – 8 oz. glasses of water. Their bladder does not need to be full for this test. They may empty it at any time.
- Renogram with Captopril - The patient needs to be off all ACE inhibitor blood pressure medications 4 days prior to exam. The patient must be kept NPO after midnight the day prior to testing. All medications need to be stopped including other blood pressure medications. On the morning of the exam the patient must drink 3 – 8 oz. glasses of water. Their bladder does not need to be full for this test. They may empty it at any time.

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Thyroid

If any of the below applies to the patient, they will be instructed on what to do and how long of a waiting period is required before the thyroid exam can be rescheduled.

- NPO 2 hours before and 1-1/2 hours after the thyroid capsules have been given
- Not pregnant or breastfeeding
- No recent radionuclide procedures
- No Cytomel for 2 weeks, and no Synthroid for 4 weeks
- No antithyroid medications for 3-5 days (propylthiouracil (PTU), methimazole(Tapazole), or carbimazole)
- No iodine containing medications for 2-3 weeks (Lugol solution, potassium iodide solution, or topical iodine used for surgical procedures)
- No food or drink that contain iodine for 2-3 weeks (kelp, seaweed, agar, carrageenan, Atkins supplements, vitamin drinks, Ensure, Luna Bars, Cliff Bars, Red Bull, Boost Power Bars, Slim-Fast and McDonald's milkshakes)
- No red dye #3 and #28 for 1 weeks.
- No multivitamins that contain iodine for 7-10 days
- No cough suppressants, expectorants, and cold medicines that contain iodine for 2-3 weeks
- No radiologic exam with injection of water soluble iodinated contrast for 6-8 weeks (IVP, myelogram, angiogram, or CT with contrast). No lipophilic contrast for 1-6 months.
- No Amiodarone for 3-6 months
- No adrenocorticosteroids, mercurials (topicals for cuts), nitrates, bromides, butazolidine, perchlorate, salicylates (large doses), sulfonamides, or thiocyanate for 1 week.

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Gastric Emptying

Patient Preparation:

- NPO after midnight, or if this is not possible, at least 6 hours prior to the test.
- No smoking the morning of the test and throughout the time of imaging.
- If diabetic, test and record fasting blood glucose level (should be <275 mg/dl). Generally take about ½ dose of insulin with the radioactive meal (consult with doctor).
- Do not take laxatives the day before and anytime during the test.
- Females should be scheduled during the first 10 days of their menstrual cycle (day 1 is considered 1st day of menses).
- Patients will be in department for approximately 4 hours and are advised to bring reading material, a personal music player or other material to occupy them for the time of the study. For the time between images, the subjects can be sitting, standing, or walking but should remain in close proximity to the nuclear medicine area.
- The patient should check with their doctor or pharmacist if any of their medications may affect the rate of gastric emptying, and whether they should stop such medications. The following is a list of medications that should be stopped for 2 days prior to the test, if possible. Any drug in the categories of prokinetic drugs (drugs that speed up gastrointestinal motility), opiate/narcotic pain drugs, anticholinergic/antispasmodic drugs, and benzodiazepines should be stopped for 2 days even if not on this list. Non-narcotic pain drugs and anti-nausea drugs do not need to be stopped.

Prokinetic Drugs:

Generic

Metoclopramide
Domperidone
Erythromycin, clarithromycin
azithromycin
Tegaserod maleate

Brand Name

Reglan, Reglan ODT, Octamide
Motillium
Biaxin, Z pak, Zithromax

Zelnorm (No longer available in U.S.)

Opiate Pain Drugs:

Generic

Meperidine
Codeine
Morphine
Oxycodone HCL
Oxycodone and Aspirin
Oxycodone and Acetaminophen
Hydromorphone hydrochloride
Hydrocodone
Hydrocodone bitartrate
Homatropine methylbromide
Hydrocodone and chlorpheniramine
Hydrocodone and acetaminophen
Oxycodone HCL
Fentanyl citrate
Buprenorphine
Buprenorphine and nalaxone
Tramadol
Acetaminophen and propoxyphene

Brand Name

Demerol
Codeine Sulfate
MS Contin
Oxycontin
Percodan
Percocet, Tylox
Dilaudid
Hycodan

Tussionex (cough suppressant)
Vicodin, Lortab, Norco, Lorcet
Oxycontin
Actiq
Butrans, Subutex
Suboxone
Ultram
Darvocet

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Fentanyl transdermal
Acetaminophen and codeine
Methadone

Duragesic patch
Tylenol #3
Dolophine, Methadose

Anticholinergic/antispasmodic Drugs:

Generic

Dicyclomine hydrochloride
Belladonna alkaloids
Hyoscyamine Sulfate
Glycopyrrolate
Atropine-diphenoxylate

Brand Name

Bentyl
Donnatal
Levsin
Robinul
Atropine

Benzodiazepines:

Generic

Diazepam
Alprazolam
Lorazepam
Clonazepam
Chlordiazepoxide
Chlordiazepoxide and clidinium
Triazolam
Temazepam
Quazepam
Estazolam
Flurazepam
Oxazepam
Clorazepate
Midazolam

Brand Name

Valium, Diastat, Valrelease
Niravam, Xanax
Ativan
Klonopin
Librium
Librax
Halcion
Restoril
Doral
Prosom
Dalmane
Serax
Tranxene
Versed

Other Drugs Which May Affect Gastric Emptying:

Generic

Nifedipine
Progesterone
Octreotide acetate
Theophylline
Phentolamine

Brand Name

Procardia, Adalat, Nifediac, Afeditab
Progesterone
Sandostatin
Thedur, Cholel, Lufyllin, Slo-Bid, Quibron T, Slo-Phyllin
Regitine

Key Takeaway

Following these guidelines helps ensure your nuclear medicine study is safe and accurate. If you have questions about medications, treatments, or preparation, please contact your care team before your appointment.