

PATIENT INSTRUCTIONS: BEFORE YOUR NUCLEAR MEDICINE

Pregnancy: All nuclear medicine procedures require females between the ages of 12-55 to fill out a pregnancy form. You are about to undergo a diagnostic procedure that will expose you to ionizing radiation. While this level of radiation will pose an acceptable risk for you, it would present a higher risk to a fetus. To ensure you could not be pregnant, we ask that you have not been sexually active since the start of your last normal menstrual cycle or that you are abstinent for a minimum of ten days and obtain a negative blood serum pregnancy test prior to your nuclear medicine procedures. If you have undergone a hysterectomy, tubal ligation, or your current sexual partner has had a vasectomy you may be exempt from the above protocol.

Thyroid scan: Thyroid scans work by measuring the amount of radioactive iodine your thyroid uptakes. Because of this your physician may prescribe a low iodine diet prior to the scan. It is also important that you discontinue your thyroid medication prior to the procedure. CT contrast also has iodine so we ask that you wait 5-6 weeks after any CT with contrast dye is performed.

I131 Therapy/Ablation: Consume only liquids the morning of the treatment. There will be limitations to follow after the therapy, we will go over these prior to the therapy, as well as give you a list to take home with you.

Liver Scan: The only contraindication for a nuclear medicine liver scan is your abdomen should not have barium from a recent barium X-ray study.

Hepatobiliary: To prepare for your HIDA (hepatobiliary, or gallbladder function test) you must have no food or liquids 5 hours prior to scan. You must also have not taken narcotic or opioid pain relievers 5 hours prior to your procedure. You may take any other medication, EXCEPT narcotic/opioid pain relievers, with a small sip of water. This test also requires your abdomen to not have barium from a recent barium X-ray study.

Lung Scan: The only required preparation for a nuclear lung scan is that the patient has had a recent chest X-ray.

Parathyroid Scan: There is no patient preparation prior to a nuclear medicine parathyroid scan.

Bone Scan: There is no patient preparation prior to a nuclear medicine bone scan.