



THE UNIVERSITY OF NEW MEXICO • HEALTH SCIENCES CENTER

UNM HOSPITAL

NUCLEAR MEDICINE

UNM HEALTH SCIENCES CENTER

2211 LOMAS NE

ALBUQUERQUE, NM 87106

505-272-2421 (M-F 8:00AM – 4:30PM)

Preparation Instructions for Nuclear Medicine Scans

(Schedulers/Technologists: Please consult with Protocol sheets for additional important details)

<u>Procedure</u>	<u>Preparation</u>	<u>Duration of Exam</u>
Bone Scan	No Prep	Injection (15 minutes), then return 3 hours later for scan (45 minutes - 1 hour)
Brain SPECT	No Prep	1-1½ hours
Cardiac perfusion – Technetium Agents	See special instructions under Cardiac preparation instructions	3-5 hours
Cisternogram and Cisternogram for Leak	No Prep	2-3 days, 1-2 hours each day, morning and afternoon
CSF Shunt Study	No Prep	Depending on each individual case
Gallium Scan	No Prep	Depending on each individual case, usually requires multiple images over several days
Gastric Emptying Scan (adults and children approximately 4-5 yrs old and up, with standardized meal of Egg Beaters, jam, and toast)	Nothing by mouth for 6 hours except small amount of water as needed for medications. Diabetic patients should bring their usual diabetes medications (insulin and/or pills). Call Nuclear Medicine if you cannot eat Egg Beaters (egg whites), jam, or toast.	4-5 hours
Gastric Emptying Scan – Liquid – with or without reflux (typically children under 2-3 years old)	Nothing by mouth for 4 hours Less time (2 hours) may be OK for infants and very small children. Call Nuclear Medicine with questions.	1-5 hours depending on protocol
Gastrointestinal (GI) Bleeding Study	No Prep	2-3 hours
Glomerular Filtration Rate -- GFR (Gates Method)	Drink lots of fluids before the exam	15 minutes
Hemangioma	No Prep	2-3 hours
Hepatobiliary (HIDA) Scan	For acute or chronic cholecystitis: 1. Nothing by mouth for 4 hours 2. Morphine and morphine derivatives (narcotic pain medicines) should usually be stopped for 4 hours. Call Nuclear Medicine with questions. For bile leak: No prep (can eat/drink). For infants with neonatal jaundice: Should usually be on phenobarbital (if prescribed by your doctor) for 3 days prior. (OK to eat/drink normally)	2 hours; may have to return for additional delayed imaging later the same day or the next day
Liver MAA pre Y-90 Microspheres	Prep per Interventional Radiology	Consult with Interventional Radiology for duration of their procedure. 1 hour for nuclear medicine imaging after Interventional Radiology procedure.
Liver postY-90 Microspheres	Prep per Interventional Radiology	Consult with Interventional Radiology for duration of their procedure. 1 hour for nuclear medicine imaging after Interventional Radiology procedure.
Liver Spleen Scan	No Prep	1 hour
Lung Perfusion and Ventilation (Aerosol or Xenon) – VQ Scan	No Prep	1-1½ hours
Lymphoscintigraphy (Lymph Scan) for Breast Cancer	Arrive 30 min to 1 hour prior to start time for placement of EMLA cream <u>OR</u> place at home if provided by your doctor Tell scheduler location of surgery (OSIS or UNMH), planned wire localization or not, and scheduled start time of surgery	1-3 hours
Lymphoscintigraphy (Lymph Scan) for Melanoma	Arrive 30 min to 1 hour prior to start time for placement of EMLA cream <u>OR</u> place at home if provided by clinician	1-3 hours
Lymphoscintigraphy (Lymph Scan) for Lower Extremity Edema	Arrive 30 min to 1 hour prior to start time for placement of EMLA cream <u>OR</u> place at home if provided by clinician	Depending on each individual case, may be 1-5 hours or longer
Meckels Scan (Gastric Mucosa)	Should usually be taking cimetidine (Tagamet) (or another H ₂ -blocker or proton pump inhibitor) for 3 days before scheduled exam. Call Nuclear Medicine with questions.	1½ hours

MIBG	Some blood pressure medications, some antidepressants, and nasal decongestants interfere with this test. Call Nuclear Medicine if you are taking any of these medications.	Day 1 = need to get SSKI 1 hour before injection of MIBG; then injection only 1 hour later. Total 90 minutes. Day 2 = 1-3 hours for imaging
MUGA Scan	No Prep	1 ½-2 hours
Octreoscan	Octreotide and Octreotide-derivatives (such as Sandostatin, lanreotide) can interfere with the uptake of Octreoscan. Call Nuclear Medicine if you take this medication so that the examination can be timed appropriately (such as right before your next dose).	Day 1 = Injection (15 minutes) then return 4 hours later for imaging (1½ - 2½ hours) Day 2 = Imaging only (1½ - 2½ hours)
Parathyroid Scan	No Prep	5 hours (with imaging 3 times during that period)
PET Cardiac Viability	Nothing by mouth except for water and meds for at least 4 hours (prefer 6-12 hours) Diabetic patients should bring their diabetic medications (insulin, pills) with them.	Approximately 5 hours
PET/CT Scan	Nothing by mouth except for water and medications for 4 hours prior to the exam. If possible, low-carbohydrate, high-protein diet the day before exam.	1 ½-2 hours
Renal Cortical Scan (DMSA)	No Prep	Injection (15 minutes) then return 2 hours later for scan (1-1½ hours). Total 4 hours.
Renogram or Renogram with Lasix	Drink lots of fluids before the examination.	1 hour
Renogram or Renogram with Lasix w/ Sedation	Nothing by mouth for 4 hours before appt., and must be sleep deprived. Arrive 1 hour before exam.	1 hour
Renogram with Captopril	Bring in a 50 mg captopril pill to the exam (prescribed by your doctor) and arrive 1 hour before scheduled exam. Some blood pressure medications must be stopped for several days prior to the examination. Call Nuclear Medicine if you take blood pressure pills.	2 hours May need another similar examination on a subsequent day (approximately 1 hour duration).
Splenic Imaging (heat-damaged RBC scan)	No Prep	2-3 hours
Thyroid Ablation (Radioiodine Therapy) for Hyperthyroidism	<ul style="list-style-type: none"> Nothing by mouth except water/medications for 4 hours on the day of therapy Buy lemon drops or sour candy to use 1 day after treatment Plan to stay away from people, especially children, for several days Plan to drink lots of fluids (especially water) for 2 days after the therapy 	2-3 hours
Thyroid Ablation for Thyroid Cancer (Radioiodine Therapy) with or without whole-body scan	<ul style="list-style-type: none"> Nothing by mouth except water/meds for 2 hours before appointment time on the day of therapy (may eat a light breakfast early that morning) Follow low-iodine diet for 2 weeks prior to scheduled ablation (www.thyca.org) Need Thyrogen shots for 2 days prior <u>OR</u> be off thyroid hormone (usually for at least 2 weeks)—arranged by your doctor Buy lemon drops or sour candy to use 1 day after treatment Plan to stay away from people, especially children/pregnant women, for several days Plan to drink lots of fluids (especially water) for 2 days after the therapy 	2-3 hours or more depending on individual case
Thyroid Cancer Whole-Body Scan only (without therapy)	Need to receive Thyrogen shots for 2 days prior <u>OR</u> be off thyroid hormone (usually for at least 2 weeks)—arranged by your doctor.	Exam time 1½-2 hrs
Thyroid Uptake & Scan	<ul style="list-style-type: none"> Nothing by mouth except water/meds for 2 hours before appointment time on the day of therapy (may eat a light breakfast early that morning). Must stop any anti-thyroid medications (Tapazole, methimazole, PTU, etc) for 3 days or longer (as instructed by your doctor) If you take thyroid hormone replacement (Levothyroxine, Cytomel, Synthroid, etc), call Nuclear Medicine No CT (CAT) scans with IV (intravenous) contrast within the last 2 weeks. 	Day 1 = 2 times (morning and afternoon), 15-45 minutes each Day 2 (morning) = 15 minutes
White Blood Cell (WBC) Infection Imaging (with or without Bone Scan or Bone Marrow Scan)	No Prep	Day 1 = 2 times, 15-30 minutes each, total 2-3 hours Day 2 = 1-4 hours

IF YOU HAVE ANY QUESTIONS, PLEASE CALL 505-272-2421