

# NUCLEAR MEDICINE

Your Appointment is on \_\_\_\_\_ at \_\_\_\_\_ AM/PM  
Day Date  
Location for the test \_\_\_\_\_ Questions? Call 402-873-8912

## What is Nuclear Medicine?

Nuclear medicine is diagnostic imaging using very small amounts of radioactive materials to image organ function and structure. Types of scans include: kidney, thyroid, bone, heart, brain, gallbladder and lungs.

## Your instructions

- You may be required to fast for a specific period of time. Please check with your doctor's office regarding specific instructions.
- You may also be asked to not take certain medications for some tests. Please check with your doctor.
- If scheduled for a thyroid scan, please inform your doctor's office if you are taking any thyroid medication or if you have had a recent CT with contrast in the last 4 - 6 weeks.
- Please inform your doctor's office if you are, or think you may be pregnant.

## What you can expect

A nuclear medicine scan involves two or three phases; you may need to come back to the hospital once or twice after the initial phase is completed. The first phase consists of administration of the tracer (radioactive material.) The second and third phases involve obtaining the images or pictures. The time required will vary according to the test.

You may be connected to an EKG monitor, and you will lie on a table in a procedure room. An intravenous (IV) line will be started in your hand or arm. During the procedure, it is important to remain very still, as motion can interfere with the quality of the pictures. You may be asked to change positions to obtain different views of the organ or structure. The staff will instruct you and will be monitoring you continuously.

OTHER NOTES/INSTRUCTIONS: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*See reverse side for specific test instructions*

# NUCLEAR MEDICINE

Your specific test is checked below. Please follow specific instructions for the test.

## \_\_\_\_ **Bone Scan:**

- Injection with scan 3 hours later
- No diet or medication restrictions
- Scan takes 30 minutes to complete

## \_\_\_\_ **Biliary/Hida/Pipida:**

- Must eat the morning of the test, NPO 3 hours prior to start time of the test, may have small sips of water to quench thirst
- No narcotic pain medications after midnight
- Procedure takes approximately 2 hours

## \_\_\_\_ **Gastric Emptying:**

- After midnight, nothing to eat or drink, no gum, mints, etc.
- No narcotic pain medication 24 hours prior to test
- No Reglan for 24 hours before test
- Procedure can take 4 hours

## \_\_\_\_ **Thyroid Scan**

- No thyroid medications 6 weeks before test
- No iodine (CT scan, IVP) 4 - 6 weeks prior to test
- Arrive for tablet
- Return 4 hours later
- Scan takes 30 - 45 minutes
- Return again next day – scan takes 10 minutes

## \_\_\_\_ **Nuclear Stress Test:**

- A nurse from the Nuclear Department will be contacting you to schedule
- No caffeine 12 hours prior to test
- Do not smoke the morning of the test
- The nurse will give you specific instructions for your medications