

Nuclear Medicine Prep Sheet

Nuclear Medicine Preparation:

Depending on the type of exam ordered, you may be required refrain from eating prior to the test. Exams of the gallbladder require you avoid eating for 6 hours prior to the scan. Thyroid scans require that you do not take any thyroid medication and avoid foods high in iodine (shellfish, dark green vegetables and mega vitamins). The person scheduling your appointment will review this with you. If you have questions regarding the necessary preparation, call (561) 261-4411.

Nuclear Medicine Exam Day:

- Arrive 30 minutes prior to your appointment in order to complete the registration process.
- When it is time for your exam, the technologist will escort you to the exam room. The technologist will ask you why you are having the test done (to verify against patient record), and then explain the testing procedure and answer any questions you may have.
- An isotope will be given to you, either by injection, orally, or by inhaling. If your exam requires you to come back at a later time, you will be instructed to do so. If your exam requires scans to begin immediately, you will be placed on a table or asked to sit in front of a scanner.
- Acquiring Nuclear Medicine images takes time, and it is very important that you remain still while images are being obtained. This can take 5 minutes to an hour.
- During the exam, the scanner may move around you.
- When the exam is completed, the technologist will assist you off the table and you will be allowed to leave.
- Results of your exam will be forwarded to your physician, who will explain them to you.
- Please note: The amount of isotopes given is small, and is equivalent in most cases to naturally occurring levels. They are passed out of the body very quickly. Drink plenty of water after the exam. In addition, women who are pregnant or breast-feeding are not candidates for this exam.

Please note: Please bring completed Medication Reconciliation Report to your appointment.