



Imaging Prep Guide

Bone Scan and Limited Bone Scan

- No prep required. Patient is injected and returns for scan 2-3 hours later.

3 Phase or Multi Bone Scan

- No prep required.
- Patient is injected and scanned immediately.
- Patient returns for additional scan 2-3 hours later.

CT Computed Tomography

- Contrast dye CT scans
 - ▶ Patient should not eat for 8 hours before exam.
 - ▶ If patient is over 50 years of age, a simple kidney function test should be performed 72 hours prior to CT scan.
 - ▶ Patients should always avoid wearing metallic materials near the area of interest.
- CT Scans
 - ▶ No preparation required.
 - ▶ Patients should always avoid wearing metallic materials near the area of interest.

ECHO

- No prep required. Procedure takes 30 - 45 minutes.
- **Stress ECHO:**
 - ▶ No food or drink 2 hours prior to testing.
 - ▶ No medications (except for diabetic medications per MD direction) for 24 hours prior to testing.
 - ▶ Test takes 60 to 75 minutes.

Hida Scan

- No food or drink after midnight the previous night, regardless of what time the appointment is scheduled.
- No pain medications for 12 hours.
- Scan takes approximately 90 minutes.

Mammogram

- No lotions, underarm deodorant or body powder prior to the exam.

MRI

- No prep required.
- Notify staff in advance if claustrophobic.
- No pacemakers.
- If MRI is with contrast, certain lab work must be done within 2 weeks prior to the exam.
- An MRI can average anywhere from 30 to 45 minutes.

Nuclear Stress Test

Diet and medication restrictions:

- No food or drink, except water, for 6 hours prior to testing.
- No Caffeine for 12 hours prior to testing.
- No medications (except for diabetic medications per MD direction) for 8 hours prior to testing.
- No beta blockers for 24 hours prior to testing.

What to expect on testing day:

- Arrive 15 minutes early. Testing will take 4 to 5 hours.
- Cancellations must be made at least 24 hours prior to schedule appointment.
- Upon arrival to the nuclear medicine department, the technologist will do a brief medical history, then start an IV. A radioactive tracer will be injected into the IV, which will take 30-45 minutes to circulate through the body.
- The initial scan will take approximately 30 minutes and will be followed by a visit to the stress lab where heart monitors will be applied. The cardiologist will be present for this part of the test.
- The heart will be 'stressed' by walking on the treadmill or by medication. At this time a second tracer will be injected, followed by another 30-45 minutes wait and a second scan.
- The IV will be disconnected and patient will be discharged. Side effects from the medication are not typical.

RBC Scan

- No prep required.

Renal Captopril

- No ACE inhibitors for at least 48 hours prior to test.
- Patient should have eaten and be well hydrated, preferably with non-carbonated drinks, prior to the test.

Thyroid I123

- Two-day exam.
- Day 1, patient will be given capsules, the appointment will take approximately 15 minutes.
- Day 2, patient will return for imaging which takes 60 - 90 minutes.
- No thyroid medicine for 6 weeks prior to the exam.
- No CT or IVP for 4 weeks prior to exam.
- No iodine supplements of any kind for 6 weeks prior to the exam. This includes kelp, daily vitamin with iodine and cough medicine.
- No table salt or seafood for 48 hours prior to the exam.

Ultrasounds

- Pelvic Ultrasounds require the patient to have a full bladder.
- Abdominal Ultrasounds require to patient to refrain from eating for 8 hours prior to the exam.

VCU

- No prep required.

VQ Scan

- No prep required.
- Must have a chest x-ray within 24 hours.

IF YOU ARE RECEIVING ANY OF THE FOLLOWING SCANS PLEASE CALL THE RADIOLOGY DEPARTMENT IN ADVANCE:

- Parathyroid Scan
- Liver Scan
- Spleen Scan
- Renal and Renal Lasix