



PATIENT INSTRUCTIONS

Instructions for adults. Please call for instructions for patients under the age of 18.

BARIUM ENEMA

Exam lasts approximately 45 minutes. Prep kit with instructions should be obtained at any SimonMed Imaging location at least two days prior to exam.

CT - ABDOMEN AND/OR PELVIS

Exam lasts approximately 30-45 minutes. No food or drink except medications 4 hours prior to exam unless a non-contrast study is ordered.

CT CORONARY EXAMS

Patient must drink at least 32oz of clear fluids starting 4 hours prior to exam. Fasting no solid food 4 hours prior to exam. 50 mg of metoprolol the evening before exam, and 50 mg metoprolol 1 hour prior to exam. This is prescribed by referring physician, and is needed to obtain best results. The target heart rate for the exam is below 60 bpm.

INTRAVENOUS PYELOGRAM (IVP)

Exam lasts approximately 45 minutes. No food or drink except medications 4 hours prior to exam.

MAMMOGRAPHY

You may eat and drink as usual and take all necessary medications. However, it is important that you do NOT wear any deodorants, powders, lotions, creams, or perfumes on your chest or under the arm the day of your exam. Wearing a two-piece outfit is suggested.

MRI

No food or drink 30 minutes prior to exam unless contrast study is ordered.
Please check when you schedule for further instructions.

MRA

No food 4 hours prior to exam.

NUCLEAR MEDICINE: BONE SCAN

There is no prep prior to a bone scan. The patient may eat, drink and take medications.

Since the imaging room can be cold, please wear warm, comfortable clothes.
Leave all jewelry at home.

NUCLEAR MEDICINE: CAPTOPRIL RENAL SCAN

Please drink 32 ounces of water prior to the scan. You may empty your bladder as necessary. Please fast for 4 hours prior to the scan.

**Please discontinue all ACE inhibitors for 48 hours prior to your exam
(Ace Inhibitor Examples: Benazepril (Letensin), Captopril (Capoten), Enalapril/Enalaprilat (Vasotec), Lisinopril (Zestril and Prinivil), Perindopril (Aceon), Quinapril (Accupril), Ramipril (Altace))*

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NUCLEAR MEDICINE: DATSCAN

Discontinue the following medications for the length of time indicated:

Buspirone – 15 hours	Bupropion – 48 hours
Citalopram – 24 hours	Selegilene – 48 hours
Escitalopram – 24 hours	Benzatropine – 3 days
Paroxetine – 24 hours	Amoxapine – 4 days
Sertraline – 36 hours	

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NUCLEAR MEDICINE: GASTRIC EMPTYING SCAN

The patient must be NPO for a minimum of 8 hours prior to a Gastric Emptying Scan.

Tell your doctor if you are diabetic, as special arrangements may be required.

Discontinue Reglan for 24 hours prior to your exam*

Sedatives and narcotics should be discontinued 12 hours prior to your exam

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NUCLEAR MEDICINE: HEPATOBILIARY SCAN/HIDA SCAN

The patient must be fasting for 4 hours prior to a HIDA scan. No pain medication should be taken for 4 hours prior to a HIDA Scan.

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Leave all jewelry at home.

NUCLEAR MEDICINE: PARATHYROID EXAM

There is no prep for this exam. Since the imaging room can be cold, please wear warm, comfortable clothes. Leave all jewelry at home.

NUCLEAR MEDICINE: RENAL SCAN

Please drink 32 ounces of water prior to the scan. You may empty your bladder as necessary.

**Please discontinue all diuretics 24 hours prior to your appointment.*

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NUCLEAR MEDICINE: THYROID UPTAKE SCAN

The patient must be NPO for 4 hours prior to your initial appointment.

Discontinue the following medications for the length of time indicated:

One Week

Methimazole (Tapazole), Carbimazole, Multivitamins

Two Weeks

Triiodothyronine (Cytomel), Prothiouracil (PTU)

Three Weeks

Lugol's Solution, Potassium Iodide Solution (SSKI), Topical Iodine (surgical skin prep)

Four Weeks

Synthroid (Levothyroxine), Thyroxine, Elctroxin, Levoxine
Iodinated Contrast Agents

Three Months

Amiodarone

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NUCLEAR MEDICINE: WHITE BLOOD CELL SCAN

There is no prep for this exam.

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PET/CT: AMYLOID BRIAN SCAN

There is no prep for this exam

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PET/CT: AXIUM PET SCAN

The patient must fast for 4 hours prior to the exam (water is ok).

Significant exercise should be avoided for at least 24 hours prior to the exam (running, jogging, sports, aerobics, weight lifting etc.). If the patient has not avoided exercise for a minimum of 24 hours prior to the exam, the uptake of the tracer may be altered and may affect the results of the test.

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PET/CT: BONE IMAGING

There is no prep for this exam

Since the imaging room can be cold, please wear warm, comfortable clothes. Leave all jewelry at home.

PET/CT: GA68 NETSPOT (DOTATATE) PET SCAN

Drink plenty of water before and after exam.

Scan should be performed prior to treatment with
Long Acting Somatostatin Analog Medications
Sandostatin LAR (Octreotide Long Acting Release)
Signifor LAR (Pasireotide Long Acting Release)

Short Acting Somatostatin Analog Medications should be discontinued for
24 hours prior to scan
Sandostatin (Octreotide)
Signifor (Pasireotide)
Somatuline (Lanreotide)

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PET/CT: METABOLIC BRAIN SCAN

Since a PET/CT scan is an imaging technique that observes metabolic processes inside the brain, we need the patient to be at baseline metabolic levels. To achieve this we ask the patient to do the following:

Fast for 6 hours prior to the exam. Water is ok.
Limit carbohydrate and sugar consumption for 24 hours prior to the exam. Try to eat meals high in protein and low in carbohydrates.

**Diabetic Patients – Try to schedule your appointment when your blood sugar is lowest. Morning appointments are often the best time. You may take ½ to ¾ dose of Long Acting Insulin in the morning. Please do not take any normal or fast acting insulin prior to your appointment.*

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PET/CT: TUMOR IMAGING

Since a PET/CT scan is an imaging technique that observes metabolic processes inside the body, we need the patient to be at a baseline metabolic levels. To achieve this we ask the patient to do the following:

Fast for 6 hours prior to the exam. Water is ok.

Limit carbohydrate and sugar consumption for 24 hours prior to the exam. Try to eat meals high in protein and low in carbohydrates.

Limit strenuous exercise for 24 hours prior to the exam.

**Diabetic Patients – Try to schedule your appointment when your blood sugar is lowest. Morning appointments are often the best time. You may take ½ to ¾ dose of Long Acting Insulin in the morning. Please do not take any normal or fast acting insulin prior to your appointment.*

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ULTRASOUND: ABDOMEN

No food or drink except medications and sips of water after midnight for morning exams. For afternoon exams, no food or drink except medications and sips of water 8 hours prior to exam. No coffee, gum, or smoking.

ULTRASOUND: OB

15 WEEKS AND UNDER

Drink 32 oz. water 1 hour prior to exam and do not empty. Patient is to have a full bladder upon arrival to adequately visualize the pelvic structures trans-abdominally. The patient may continue a normal diet.

16-30 WEEKS

Drink 16 oz. water 1 hour prior to exam and do not empty. Patient may continue a normal diet.

31+ WEEKS

No special preparation necessary.

ULTRASOUND: PELVIS

Drink 32 oz. water 1 hour prior to exam time. Patient is to have a full bladder upon arrival for the exam to adequately visualize the pelvic organs trans-abdominally. The Patient may eat a normal diet. Do not empty bladder.

ULTRASOUND: RENAL

Drink 32 oz. water 1 hour prior to exam time so that a full bladder can be imaged if necessary. Patient may eat a normal diet.

UPPER GASTROINTESTINAL (UGI) AND SMALL BOWEL

Exam lasts approximately 1 hour for UGI. Small bowel exam lasts 1-3 hours. No food or drink except medications 6 hours prior to exam.