

Nuclear Sonics

## Nuclear Medicine Patient Information

The goal of Nuclear Sonics is to provide you first class patient care along with a high quality exam close to home.

### WHAT IS NUCLEAR MEDICINE?

Nuclear Medicine is a specialty field within radiology that uses a small amount of radioactive material to look at the structure and function of most parts of the body. The procedures are non-invasive and require no anesthesia. The radioactive material is either injected, swallowed or inhaled.

### WHEN WILL MY TEST BE?

Nuclear Sonics is at the hospital on a specific day each week. You will be contacted the day before the exam with a time. Nuclear Sonics will do all it can to accommodate your schedule, so if you foresee a conflict, please contact the radiology department well in advance. Due to the volume of patients, it is not always possible to accommodate everyone's schedules.

### ARE THERE ANY SIDE EFFECTS?

The radioactive material should cause no side effects. A few of the procedures use other materials that may cause some side effects, which will be explained to you.

### WHAT DO I DO IF I NEED TO CANCEL MY APPOINTMENT?

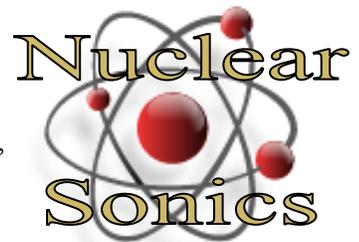
If you need to cancel your appointment, please contact the radiology department by 5 pm, the day before your study. Patients are generally held responsible for the cost of the radioactive material used for the test if the exam is not cancelled by that time.

### WILL MY CLAUSTROPHOBIA BOTHER ME?

Very rarely do people have troubles with nuclear medicine exams and claustrophobia. In extreme cases, physicians have prescribed a medication to help patients get through the exam.

### WHAT SHOULD I EXPECT ON THE DAY OF MY EXAM?

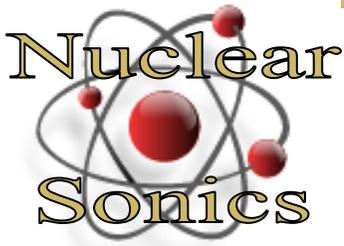
When you arrive at the hospital, check in at the Out-patient Registration. When you register, your personal information and insurance will be updated. Once checked in, you will be directed to the waiting room, where the Nuclear Medicine Technologist (NMT) will expect to find you when it is time for the examination. At that time, the NMT will escort you to an exam room or outside to the imaging truck. Unless the patient is a young child, no friends or family will be allowed in the imaging truck. For specific details about your exam, please see the back of this page.



### IS THE RADIOACTIVITY DANGEROUS TO ME OR OTHERS?

Due to the low amount of radioactivity, the type of radiation given off by the material, and the short radioactive half-life, there is very little radiation exposure. The amount is often times compared to that of a chest x-ray. If you are not pregnant, you should have no concerns about radiation exposure to you or others. There are risks that must be evaluated for women who may be pregnant or who are breastfeeding.

IF THERE IS A CHANCE THAT YOU ARE PREGNANT OR YOU ARE BREASTFEEDING, PLEASE CONTACT THE ORDERING PHYSICIAN OR THE RADIOLOGY DEPARTMENT IMMEDIATELY!



## SPECIFIC EXAM INFORMATION

The information on this page is very general and only intended to give you a basic idea of the exam. Your scan may not be included. This is only a list of our most common scans and typical preps. The preps given to you by your health care provider take precedence over these. Also, the times are all approximate. Failure to follow the proper prep may mean that you will have to reschedule for the following week.

**\*\*Please follow your preps closely, and if you have any questions, call the ordering provider or the radiology department.\*\***

### **Myocardial Perfusion Rest/Stress (CARDIOLITE®)**

This test evaluates the blood flow to your heart as well as the wall motion and how effective your heart is in pumping blood.

Prep: Your health care provider will review your medications and tell you what to do with regards to medications before the study. NO caffeine for 24 hours. With the exceptions of prescribed medications, you are to have nothing to eat or drink except water for 12 hours prior to the study.

Exam time: approximately 4 hours

### **MUGA Scan**

This test evaluates the wall motion of the heart as well as how effective your left ventricle pumps blood out to the rest of your body.

Prep: There is NO prep.

Exam time: approximately 1 1/2 hours

### **HIDA Scan**

This test evaluates the patency of the ducts within the liver as well the function of the gall bladder.

Prep: You should have nothing to eat or drink for 6 hours prior to the exam. It is just as important to have eaten within 6 hours of the time that you start your fasting. Also, your health care provider will review your medications and tell you what to do with regards to medications before the study.

Exam time: approximately 2 hours

### **MAG3 Lasix Renal Scan**

This test is to evaluate the function of the kidneys.

Prep: Your health care provider will review your medications and tell you what to do with regards to medications before the study. You should be well hydrated.

Exam time: approximately 1 1/2 hours

### **Lung Scan**

This test is used to evaluate for a pulmonary embolism.

Prep: There is NO prep.

Exam time: approximately 2 hours

### **BONE Scans**

(Whole Body, SPECT, 3-phase, Limited or Multiple)

These tests evaluate bone pain, stress fractures, bone infections as well as metastatic disease.

Prep: There is NO prep, just be well hydrated.

Exam Time:

1st Visit: 15 minutes for non 3-phase studies

45 minutes for 3-phase studies

2nd Visit (3 hrs later): approx. 1 to 1 1/2 hours

### **Gastric Emptying**

This test evaluates how quickly solids and/or liquids leave the stomach.

Prep: You should have nothing to eat or drink for 4 hours prior to the exam.

Exam Time: approximately 2 1/2 hours

**\*SPECIAL NOTE\*** If you are allergic to eggs, please let the radiology department know immediately.

### **I-131 or I-123 Uptake**

The scan portion of the test evaluates the size, shape and location of the thyroid gland as well as find areas that are overactive or underactive, while the uptake tells how active the entire thyroid is.

Prep: The prep for this procedure is too involved for this literature. Your health care provider will give you very specific instructions about this study with regards to multivitamins, iodine contrast and thyroid medications.

Exam time:

1st Visit: approximately 15 minutes

2nd Visit (6 or 24 hours later): approx. 45 minutes

### **Tc-99m Thyroid Scan**

This test evaluates the size, shape and location of the thyroid gland as well as find areas that are overactive or underactive.

Prep: There is NO prep.

Exam Time: approximately 1 hour