



Nuclear Medicine



General Instructions:

- Please report to outpatient registration on the 1st floor at _____ on _____.
- Because an isotope dose is ordered specifically for your test, if you need to cancel your scheduled exam kindly call us at 814-467-3883 between 7 a.m.-3 p.m., Monday through Friday. If after hours, please call 814-467-3435. Thank you.
- There are no side effects with the radioactive materials that you will be given. However, **if there is a chance that you could be pregnant, please inform your physician.**

What is Nuclear Medicine?

- Nuclear medicine involves giving a patient a small amount of radioactive medication, making the body slightly radioactive for a short time. A special camera detects the radiation, which is emitted from the body, and takes images of how the inside of the body is working. This helps to visualize the structure and function of an organ, tissue, bone, or system within the body.
- The radioactive medication is most commonly injected into the blood stream through a vein, but may also be swallowed, injected directly into the tissue beneath the skin, injected into a shunt, or inhaled.
- Only a very small amount of radioactive medicine is given to keep the radiation dose to a minimum.
- Nuclear medicine can also be used to treat some diseases or conditions. In these cases, the amount of radioactive medication is much greater, and it mostly goes to the diseased or abnormal organ.

What are the benefits of Nuclear Medicine?

A nuclear medicine study helps your doctor evaluate how a particular area of your body or organ system is working. It can give information about how an injury, disease, or infection might be affecting your body. It can also be used to show improvement or deterioration of a known abnormality after any treatment you might have had. Nuclear medicine studies are very good at showing how an organ system is working, and often complement other investigations and imaging studies.

Instructions Before the Test:

- **Bone Scan:** No preparation. You will be given an injection of a radioactive isotope through an IV. You can then leave the hospital and will need to return approximately 3-4 hours later for imaging which will take about 30 minutes.
- **Hepatobiliary (HIDA) Scan with EF:** Fast for 4 hours prior to your exam; water is permitted. This is a 2-hour functional test of your gallbladder. You will be injected with a radioactive isotope through an IV and images will be taken for about 1 hour. The second part of the test measures the emptying of the gallbladder. For this, you will need to drink 8 oz. of Boost (like Ensure) and will be imaged for an additional hour.
- **Lung Scan:** No preparation. The first part uses a radioactive liquid in a nebulizer that is mixed with oxygen to produce an aerosol that is breathed through a mouthpiece (like a breathing treatment). Several images are taken. For the second part, you will be injected with a radioactive isotope through an IV and several more images will be taken.
- **MUGA Scan:** No preparation. You will be given 2 injections through an IV 20-30 minutes apart and then 3 10-minute images will be taken.
- **Gastric Emptying:** Fast for 12 hours prior to your exam. You will need to consume two egg whites that are mixed with a small amount of a radioactive isotope and then fried. You cannot see, taste, or smell the isotope and there are no side effects with it. We will also provide you with toast and water. If you normally take any medications in the morning, you may bring them with you and you can take them with your eggs. The exception to this would be any medications for the stomach; please do not take these until after your test as they can interfere with the test. This test can take up to 4 hours to complete. We take a 1-minute picture every hour, but the rest of the time you can wait in the waiting room. You may bring reading material or something else to help pass the time.
- **Parathyroid Scan:** No preparation. You will be injected with a radioactive isotope through an IV and imaged for about 15 minutes. You can then leave the hospital, but will need to return approximately 3 hours later for additional imaging, taking about 15 minutes.
- **¹²³I Thyroid Scan/Uptake:** No preparation, but we will need to speak to you prior to scheduling your exam as there are some medication restrictions and a screening we need to complete. You will need to come to the hospital 3 times on 2 consecutive days. On the first day, you will arrive in the morning to register and take a capsule that contains a small amount of a radioactive iodine. You will need to return 5.5 to 6 hours later for images and an uptake measurement, which takes about an hour. On the second day, you will need to return in the morning for another uptake measurement that takes about 15 minutes.



Chan Soon-Shiong
Medical Center
at Windber

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Nuclear Stress Test



General Instructions:

- Please report directly to the Radiation Department on the 1st floor. You **do not** need to go to registration, as this test is pre-registered.

Date _____ Time _____ Physician _____

- Because an isotope dose is ordered specifically for your test, if you need to cancel your scheduled exam kindly call us at 814-467-3883 between 7 a.m.-3 p.m., Monday through Friday. If after hours, please call 814-467-3435. A 24-hour cancellation notice is appreciated. Thank you.
- This test has 2 phases: a stress phase and a rest phase. Please read the following instructions carefully so you know how to prepare for your test.

Instructions Before the Test:

- **NO CAFFIENE, DECAFFEINATED PRODUCTS, OR CHOCOLATE AT LEAST 12 HOURS PRIOR TO YOUR TEST.** Your test will be rescheduled if you do not follow this restriction.
- Wear light, comfortable clothing.
- You can eat a light breakfast of toast or cereal the morning of your exam. If your test is scheduled for late morning or early afternoon, you can eat a regular breakfast in the morning, with the exception of caffeine, decaf, or chocolate products.
- Take your medications as prescribed by your physician. If you take beta blockers, please do not take these the morning of your exam. (see list below)
- Do not drink alcoholic beverages or smoke before your test.

- You will have an IV started. Expect to be at the hospital for approximately 2-2.5 hours for the first part of the test. There is about a 2.5 hour break after the first part, at which time you can leave the hospital. There are no dietary restrictions at this point. You will be given a time to return to the hospital for the second part of the test, which takes about 1 hour.

Parking Information:

- You may park in front of Chan Soon-Shiong Medical Center at Windber near the intersection of Somerset Avenue and 5th Street, in the lot across from the front of the hospital (Lot G), or by the 3rd floor entrance (Lot A off 5th Street or Lot E off 7th Street). These entrances are wheelchair accessible.

BETA BLOCKERS

Acebutolol	Coreg	Levatol	Sotalol
Atenolol	Corgard	Lopressor	Tenoretic
Betapace	Esmolol	Metoprolol	Tenormin
Betaxolol	Hemangeol	Nadolol	Timolide
Bisoprolol	Inderal	Nebivolol	Timolol
Brevibloc	Inderide	Penbutolol	Toprol
Bystolic	Innopran	Pindolol	Trandate
Carteolol	Kerlone	Propranolol	Zebeta
Carvedilol	Labetalol	Sectral	Ziac