

Emory Nuclear Medicine Imaging Patient Preparation Instructions



- These are preparation instructions for adult patients (16+).
- For pediatric patients under the age of 16, please call Children's Healthcare of Atlanta at 404-785-6078 or after hours at 404-785-6117.
- For maps and directions to Emory Radiology sites, please call 404-778-7777 or visit us online at www.emoryhealthcare.org/radiology.

Pre-Registration:

Patients need to pre-register for imaging exams and procedures. Please call the appropriate Fast-Track Admissions number below prior to your appointment date:

Emory University Hospital (EUH): 404-686-5270 or 1-800-640-9293

Hours of Operation: Monday – Friday, 8:30 a.m. to 7 p.m. Closed weekends and holidays.

Emory University Hospital Midtown (EUHM): 404-251-3800

Hours of Operation: Monday – Friday, 9 a.m. to 8:30 p.m. Closed weekends and holidays.

Nuclear Medicine Exams/Procedures:

- If you have multiple exams on the same day, please inform the technologist.
- If you need to take medications, please take them with a small amount of water unless you have been instructed to withhold your medications. If you are uncertain, please call the appropriate number listed above.
- If you are PREGNANT or there is a possibility that you are pregnant, you should not have these exams.
- Children are NOT allowed in the Imaging Center.
- Please ask for specific instructions if you are scheduled for a different type of exam than listed.

Bone Scan:

- You should drink lots of fluids on the day of your scan and there are no eating restrictions.
- There will be a three-hour wait between the injection and the actual imaging.
- Other radiology exams that use barium (meals, swallows or enemas) will cause interference with your bone scan. Please contact Emory Radiology if you have been given barium within four weeks prior to your exam.
- Please allow up to five hours for this visit.

Gastric Empty Scan:

- Do not eat or drink anything eight hours before your exam. You may take scheduled medications with sips of water, with the exception of stomach medication for which you should check with your physician.
- Please allow up to four hours for this exam.

Thyroid Scan:

- Avoid vitamin supplements and foods containing iodine (e.g., seafood, dairy products and bread) for at least three days prior to your exam.
- Avoid eating sushi for eight weeks prior to your exam.
- You should not receive any intravenous (IV) iodinated CT contrast (“dye”) for eight weeks prior to your exam.
- Please discontinue the following medications:
 - If you are taking Tapazole (methimazole) or propylthiouracil (PTU), stop taking these medications five to seven days prior to your exam.
 - If you are taking Synthroid (T4), stop taking this medication four weeks prior to your exam.
 - If you are taking Cytomel (T3), stop taking this medication two weeks prior to your exam.
 - Please allow 30 minutes each day for your visit. This study is conducted over the course of two consecutive days.
 - **Please consult your doctor before stopping any medications.**

Myocardial Perfusion Scan (Also Known as a Cardiac Stress-Rest Test, MIBI Scan or Thallium Stress Test):

- Do not eat or drink after midnight the night before the test is performed because images of your heart will be easier to interpret if your stomach is empty. Also, some people may get an upset stomach if they exercise too soon after eating.
- You should not consume caffeine (coffee, tea, sodas or chocolate) for 24 hours prior to your exam.
- Beta-blockers and calcium channel blockers should be stopped 48 hours before your appointment. **Please consult your doctor before stopping any medications.** Other medications may be taken the morning of the test with water only.
- Wear comfortable clothes and shoes, such as sneakers or running shoes, because you may exercise on a treadmill. Women should not wear an underwire bra; wear a sports bra, if available, for support while walking on the treadmill.

For all other types of thyroid scans (e.g., I131), you will be given special instructions.

For questions about other nuclear medicine exams, please call 404-778-5364.

For additional patient preparation information, please visit:

www.emoryhealthcare.org/radiology

www.radiologyinfo.org

Thank you for choosing Emory Radiology.