



**UNIVERSITY HOSPITAL**  
Newark, New Jersey

**DEPARTMENT OF RADIOLOGY**

**NUCLEAR MEDICINE STUDIES THAT REQUIRE PATIENT PREPARATION**

<b>Study/Therapy</b>	<b>Required Time</b>	<b>Patient Preparation</b>
<b>Cardiovascular System</b>		
<u>Myocardial perfusion,</u> Tc-99m-sestamibi	4 – 5 Hours (possible multiday if patient is above 350 lbs)	Nothing by mouth after midnight no caffeine for 12 hours Hold cardiac meds**
<b>Central Nervous System</b>		
<u>Cisternography</u>	6 hr + 2 hr (2 day study)	Recent PT/PTT blood test
<b>Endocrine System</b>		
<u>Octreotide Scan, MIBG</u>	30 min + 1.5 hr (at 24 hr)	Possible bowel prep
Thyroid imaging and uptake, I-123	30 min + 45 min (at 24 hr)	Hold certain meds***
Thyroid imaging, Tc-99m	1 hr	Hold certain meds***
Thyroid cancer metastases, I-131	30 min + 1.5 hr (at 48 hr)	Hold certain meds***
<b>Gastrointestinal System</b>		
<u>Esophageal transit study</u>	1 hour	overnight fast
Gastric emptying study	4 hr	overnight fast
Gastro-esophageal reflux	1 hour +15 minutes (at 3 hour)	overnight fast
Hepatobiliary study	1 hr + delayed images possible	For gallbladder, fast 6 hr
<b>Genitourinary System</b>		
<u>Renal Scan w/ACE inhibitors</u>	1.5 hr	Hold ACE-inhibitor meds*

(\*) These studies are best done when the patient has not had certain medications or treatments for a period of time. If there are any questions, consult a nuclear medicine technologist or nuclear medicine physician.

- \* Should be off ACE-inhibitors
- \*\* Should be off all Cardiac meds but bring these meds with them to the appointment
- \*\*\* Off thyroid medications, should contact nuclear medicine if you are currently taking thyroid medications

## Patient Preparation for I-123 and I-131 Studies

### Iodine Containing Substance

	<b>Time required off Drug</b>
Lugol's Solution, SSKI	2 Weeks
Topical Iodine Solutions	2 Weeks
Kelp	2 Weeks
Vitamins and Minerals containing Iodine	2 Weeks
Cough Medicines containing iodine	2 Weeks

### Previous Radiographic Exams

IVP	3 Weeks
CT with Contrast	4-8 Weeks
Myelogram	4-8 Weeks
Angiogram	4-8 Weeks

### Thyroid Medications

Thyroxine	6 weeks
* Levothyroxine, Synthroid, Levothyroid, Levoxyl	
Triiodothyronine	10 Days
*Liothyronin (Cytomel)	

### Antithyroid Medications

Propylthiouracil (PTU)	3 Days
Methimazole, Tapazole	3 Days
ACTH, adrenal steroids	7 Days