



## **PATIENT INSTRUCTIONS**

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

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### **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.

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### **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.

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### **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.

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### **INTRAVENOUS PYELOGRAM (IVP)**

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

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### **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.

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## MRI

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

**MRI Defograms:** Please use two enemas (brand not important) prior to exam.  
Use one, one hour prior to table time and second use just before leaving to come to the exam.

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## MRA

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No food 4 hours prior to exam.

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## NUCLEAR MEDICINE: BONE SCAN

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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.

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## NUCLEAR MEDICINE: CAPTOPRIL RENAL SCAN

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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

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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

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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

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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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### NUCLEAR MEDICINE: PARATHYROID EXAM

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

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### NUCLEAR MEDICINE: RENAL SCAN

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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

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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

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There is no prep for this exam.

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**PET/CT: AMYLOID BRIAN SCAN**

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There is no prep for this exam

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Leave all jewelry at home.

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**PET/CT: AXIUM PET SCAN**

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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**

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There is no prep for this exam

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### PET/CT: GA68 NETSPOT (DOTATATE) PET SCAN

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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

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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

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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

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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.

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## ULTRASOUND: OB

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### 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.

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## ULTRASOUND: PELVIS

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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.

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## ULTRASOUND: RENAL

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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.

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## UPPER GASTROINTESTINAL (UGI) AND SMALL BOWEL

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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.