



SCAN HERE TO  
OPEN OUR  
LOCATION IN  
GOOGLE MAPS!



Nuclear  
Medicine  
Associates

**DRIVING  
DIRECTIONS**

**From Interstate 5 (North or South bound) or Highway 44**

- Take the Highway 44 West/Central Redding exit
- Stay on highway, which becomes Shasta Street
- Turn left at Court Street
- Nuclear Medicine Associates will be on the right between South and Gold Streets.

**TO PREPARE FOR YOUR EXAMINATION**

**BONE**

**BONE SCAN**

No preparation is required; patients should come well hydrated and will be encouraged to drink fluids between the time of the injection and the time of scanning.

**CARDIAC**

**MUGA (Cardiac Blood Pool)**

No special preparation.

**MYOCARDIAL PERFUSION SCAN**

Treadmill – nothing to eat or drink 3 hours before the test. Caffeine and alcohol should be avoided for 12 hours before the test. Ask your physician about Beta Blockers. Please avoid stomach acid reducing medications 1 day before treadmill test.

Pharmacologic – avoid all food or medication that contains caffeine, theophylline or aminophylline for 24 hours prior to the test; this means no tea, decaffeinated tea, herbal tea, coffee, decaffeinated coffee, soda and Excedrin. Please avoid stomach acid reducing medications 1 day before test. The test will take 2 hours.

**CNS**

**BRAIN SPECT**

No preparation is required; patients should arrive well hydrated and will be encouraged to drink fluids between the time of injection and the time of scanning.

**ENDOCRINE**

**THYROID UPTAKE & SCAN**

Avoid seafood for 1 week prior to test. Avoid X-ray contrast and thyroid hormones (Synthroid, Levoxyl, Thyroid) for 4 weeks, PTU and Tapazole for 5 days. Nothing to eat for one hour prior to your first appointment.

**THYROID MET IMAGING, TOTAL BODY**

Nothing to eat or drink for 1 hour prior to dosing. The scan is usually performed 48 to 72 hours after dosing. Patients are typically prepared for this examination with thyrogen injections or thyroid hormone changes. Patients should contact us if they have not been told what to do. Please call us if you have had X-ray dye in the past 3 months.

**PARATHYROID SCAN**

No Iodine contrast studies within 30 days of your appointment.

**GI**

**GASTRIC EMPTYING**

No food or drink after midnight before your examination and you should discontinue all sedatives 12 hours prior to the examination.

**HIDA SCAN (HEPATOBIILIARY SCAN)**

Take nothing by mouth (food or liquid) for 4 hours prior to your study. No narcotic or opiate based pain medication 6 hours prior to your study.

**GI (continued)**

**MECKEL'S DIVERTICULUM EXAM**

Do not eat for 4 hours prior to test. Patients may be told to take Tagamet one day before test.

**SALIVARY GLAND**

No Thyroid Blocker Medication (SSKI or Perchlorate) 48 hours before your examination.

**RENAL/GENITOURINARY**

**CAPTAPRIL RENAL SCAN**

Patients should avoid ACE inhibitors and angiotensin receptor blockers (blood pressure medicines) for 48 hours prior to the scan; please consult your doctor about this. Patients will need to arrive hydrated.

**DIURETIC RENAL SCAN**

Hold your diuretics on day of exam.

**THERAPY**

**I-131 THERAPY HYPERTHYROIDISM**

You will see a Physician in consultation prior to treatment; he/she will discuss the treatment in detail including preparation.

**I-131 THERAPY THYROID CARCINOMA**

You will see a Physician in consultation prior to treatment; he/she will discuss the treatment in detail including preparation.

**IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CALL US! WE ARE HERE TO HELP.**

**530.247.8147**

**NOTES OR QUESTIONS:** \_\_\_\_\_