



Nuclear Medicine Preps

Stress Test/Myocardial SPECT:

- Please fast for 6 hours prior to the exam (you may have water). ***If you are diabetic, you may have a light breakfast.
- No caffeine 24 hours prior to exam, including coffee, decaf coffee, tea, herbal tea, soft drinks, and chocolate.
- No caffeine-containing medications 24 hours prior to exam. Including: Darvon, Fiorinal, Synaigos, Esgic, Fioricet, Norgesic, Norgesis Forte, Anacin, Excedrin, NoDoz

For optimal results, the patients should discontinue all cardiovascular medications before the study except for ACE inhibitors, antiarrhythmics, and ARBs. Diabetics should take one-half of their insulin in the morning of the test. If you use an inhaler, bring it with you for the test.

- **Always consult your physician before discontinuing any medications.**
- No Theophylline 24 hours prior, no long-acting Theophylline compounds 48 hours prior.
- No Beta blockers for at least 24-48 hours
- No long-acting nitrates for at least 4 hours
- No nitroglycerine for at least 1 hour
- Calcium channel blockers for at least 24 hours
- Please wear a shirt that buttons or snaps down the front and comfortable walking shoes to walk on the treadmill. Tennis shoes or whatever you are used to walking in.
- A nurse will call to go over your exam and address any questions you may have.
- Please make appropriate childcare arrangements for the safety and well-being of your child.

Gastric Emptying Study:

- **Always consult your physician before discontinuing any medications**
- Nothing to eat or drink after midnight the night before your exam, or as directed by the technologist.
- No medications that affect gastric motility for 24 hours prior to the exam, including: any narcotics, Gastric Acid Suppressants, Aluminium-containing Antacids, Analgesics, Calcium channel blockers, Anticholinergics, and Antidepressants.
- Please make appropriate child care arrangements for the safety and well-being of your child.

HIDA/Hepatobiliary/Gallbladder Study:

- **Always consult your physician before discontinuing any medications**
- Nothing to eat or drink after midnight or as directed by technologist.
- No Narcotic drugs 24 hours prior to the exam.
- No barium studies for 48 hours.
- Please make appropriate child care arrangements for the safety and wellbeing of your child.

Renal Studies and Bone Studies (Total Body, Three Phase):

- Please be well hydrated prior to exam.