

# PATIENT PREPARATION GUIDELINES

## ❑ Blood work requirements for CT with IV Contrast

Creatinine labs are needed for patients who are diabetic within 2 weeks of exam and for patients greater than 65 years old within 6 months of exam.

## ❑ Blood work requirements for MRI with IV Contrast

Creatinine labs are needed for patients who are diabetic within 2 weeks of exam and for patients greater than 60 years old within 6 months of exam.

## ❑ \* DIABETIC PATIENTS having a CT or MRI exam with IV Contrast

Patient must stop the following medications for 48 hours after the exam: Glucophage, Glucophage XR, Glucovance, Glumetza, Metformin, Alti-Metformin, Apo-Metformin, Gen-Metformin, Novo-Metformin, Nu-Metformin, Pms-Metformin, Rho-Metformin, Rhoxal-Metformin FC, Avandamet, Metaglip, Riomet, Glycon, Byetta, Janumet and Fortamet. All other medications should not be stopped. **Please ask your technologist for the date and time to resume medication for diabetes.**

## ❑ CT SCAN OF THE HEART (WITH IV CONTRAST)

No stimulants, decongestants, caffeine or erectile dysfunction medication 48 hours prior to exam. No allergies to Iodinated contrast. Beta blocker may be required. Okay to drink water until 1 hour prior to exam. \* **DIABETIC PATIENTS having a CT exam with IV Contrast, see instructions above.** Take all non-diabetic medications as directed.

## ❑ CT SCAN OF HEAD/NECK/CHEST - WITH CONTRAST ONLY - NO PREP WITHOUT CONTRAST

Nothing to eat or drink 4 hours prior to exam. \* **DIABETIC PATIENTS having a CT exam with IV Contrast, see instructions above.** Take all non-diabetic medications as directed.

## ❑ CT SCAN OF PELVIS WITH OR WITHOUT CONTRAST

Nothing to eat or drink 4 hours prior to exam. 2 hours prior to exam, drink first bottle of liquid. 30 minutes prior to exam, drink second bottle of liquid. \* **DIABETIC PATIENTS having a CT exam with IV Contrast, see instructions above.** Take all non-diabetic medications as directed.

## ❑ CT SCAN OF ABDOMEN AND ABDOMEN/PELVIS WITH OR WITHOUT CONTRAST

Nothing to eat or drink 4 hours prior to exam. 2 hours prior to exam, drink first bottle of liquid. 30 minutes prior to exam, drink 1/2 of second bottle. Bring remaining 1/2 bottle to exam. \* **DIABETIC PATIENTS having a CT exam with IV Contrast, see instructions above.** Take all non-diabetic medications as directed.

## ❑ CT SCAN WITHOUT CONTRAST

No preparation is required.

## ❑ MAGNETIC RESONANCE IMAGING (MRI/MRA)

There is no need to alter your medication prior to an MRI exam. During the exam, most metal items will need to be removed. Patients with metallic implants, pacemakers, metal clips or stents must notify DCA prior to exam. \* **DIABETIC PATIENTS having an MRI exam with IV Contrast, see instructions above.** Take all non-diabetic medications as directed.

\_\_\_ **MRCP MRI/Abdominal:** No eating or drinking 4 hours prior to this MRI exam.

## ❑ MAMMOGRAPHY

On the day of your exam, do not apply underarm deodorant or powder from the waist to the neck. If you must use powder or deodorant, please let us know before the exam so that we may provide you with wipes to remove it. Please try to wear a two-piece outfit for your ease of changing and comfort. If you have had prior mammograms at another institution, you must bring them with you or have them mailed to us prior to your appointment. These will be utilized for comparison to your new exam.

## ❑ BONE DENSITY

No restrictions on food or drink. Bone Density studies that are scheduled the same day as CT studies with oral or IV contrast must be performed prior to the ingestion of Barium and injection of IV material.

## ❑ ULTRASOUND

\_\_\_ **Carotid, Thyroid, Breast, Scrotal, Echocardiography:** No preparation is required.

\_\_\_ **Gallbladder, Liver, Abdominal, Pancreas:** No food 6 hours prior to exam.

\_\_\_ **Pelvis/Bladder Ultrasound:** Drink entire 32 oz. of clear liquids 1 hour prior to exam. Do not urinate.

## ❑ XRAY

No preparation is required for General Xray. Patients must wait 3-4 days for examination after consuming Barium contrast products only if they are scheduled for an xray of the abdomen or pelvis. No other anatomy is affected by Barium.

## ❑ IVP

Need blood work (Creatinine). Light soft supper, no bread, fruits or nuts the night before. At 6:00 pm the night before your examination take 4 Tbsp of Milk of Magnesia and 8 oz. of water every hour before bedtime to help the laxative work. Nothing to eat or drink prior to scan. If you are diabetic taking Glucophage, Glucovance or any other medication containing Metformin, you must discontinue them for 48 hours after this examination. **Please ask your technologist for the date and time to resume medication.**

## ❑ NUCLEAR MEDICINE

\_\_\_ **Thyroid Uptake and Scan, I-131 Whole Body Scan:** No multivitamins for 48 hours prior to exam. No thyroid medications for 2-4 weeks depending on type, please call. No seafood for 48 hours prior to exam. No Iodine based contrast for 6 weeks prior to examination. Please do not eat 4 hours prior to your appointment. Must not be pregnant. Some thyroid medications need to be stopped prior to exam. Please call for details.

\_\_\_ **Hepatobiliary Scan:** Nothing to eat or drink for 4 hours prior to scan. If eating 4 hours prior, eat light and consume no dairy.

\_\_\_ **Gastric Empty:** Nothing to eat or drink after midnight.

\_\_\_ **Nuclear Stress Test:** Nothing to eat for 4 hours, call regarding cardiac medications. Wear two-piece outfit, short sleeve shirt. Please bring small snack to eat during examination break. 3-4 hour exam. (Bring a book!)

## ❑ PET SCAN

Eating: The day before your exam, follow a low carbohydrate, high protein diet, avoiding sweets, breads, pasta, rice, and cereals. Do not eat anything for at least 4 hours prior to exam. Most medications do not interfere with this test and can be taken as usual.

Diabetic patients: for the test to be effective, it is important for your blood sugar levels to be low. At the time you schedule your appointment, please inform us if you are diabetic so we can provide special instructions. Exercise: do not exercise within 24 hours of your scheduled PET scan appointment. \* **DIABETIC PATIENTS having a PET exam with IV Contrast, see instructions above.**

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# PREPARING FOR YOUR PET SCAN AT DCA

## MEDICATION AND DIET

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Patients are to arrive 1 hour and 30 minutes prior to scan time. This is MANDATORY.  
No exercise 24 hours before the exam, this includes any strenuous activity.  
Continue to take all your medications as prescribed, EXCEPT for your insulin medication.  
Do not take your insulin the morning of your test, but bring it with you.

### Non-Diabetic patients:

- No eating or drinking 4 hours before scan. You may have water during the 4 hours.
- NO CANDY, GUM, FLAVORED WATER, SUGAR SUBSTITUTES or ANYTHING WITH SUGAR, AFTER 3:00 PM the DAY BEFORE THE EXAM.
- We recommend a high protein, very low carbohydrate and no sugar diet:
  - ✓ Dinner: steak, baked chicken, fish, cheese, asparagus, broccoli, mushrooms.  
No pasta, potatoes, rice or bread.
  - ✓ Breakfast: eggs (no toast or jelly), bacon, sausage.  
No breakfast should be eaten if you have an appointment before noon.

### Diabetic Patients:

- Patient's blood sugar needs to be 180 or lower. The insulin medication does not affect the exam, it's the blood sugar levels.
- If you feel it is necessary to take your insulin in the morning, do so with NO CARBS or SUGARS. Only protein as above, 4 hours before the exam.

### What to bring with you and what to wear:

- Bring with you or have your physician fax:
  - ✓ Your current Insurance Card(s)
  - ✓ Previous CT scans, X-rays and prior PET exams
  - ✓ Medical history and current medications
  - ✓ Pathology reports
- Wear warm, comfortable clothes. The exam room can be cool
- Avoid clothes with heavy buckles or metal components

### What to expect during your PET scan:

- A technologist will insert a small IV into your arm
- A small amount of FDG, (a form of glucose) will be injected through the IV. This is painless
- You will rest quietly without speaking for 30-60 minutes to allow proper distribution of FDG throughout your body
- Your scan will take approximately 25 minutes

### After your exam:

- You may resume normal diet, exercise and medications
- As a precautionary measure, avoid getting close to any infant or pregnant woman within 6ft., for a minimum of 8 hours after the exam
- Your doctor will contact you with your results

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## CT SCAN EXAM PREPARATIONS

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Your physician has chosen Diagnostic Centers of America (DCA) for your CT scan(s). DCA is a state-of-the-art imaging facility that offers compassionate patient care; the latest in diagnostic technology, and exceptional image quality. Our highly trained staff will provide you with the most accurate imaging study to assist your physician in providing you with the most effective treatment.

Please bring any relevant prior CT scans to your appointment (CD or films). This will help DCA provide your doctor with the most useful diagnostic information. Additionally, we request that you **arrive 15 minutes prior to your exam(s)** to verify your insurance and registration information.

### CT Scan of head/neck/chest – with IV contrast only:

- Nothing to eat or drink 4 hours prior to exam
- **DO NOT TAKE** the following diabetic medications for 48 hours after the exam - \*See list below
- Take all other diabetic medications and other medications as directed

### CT Scan of head/neck/chest without contrast: No prep

#### CT Scan of pelvis with or without contrast:

- Nothing to eat or drink 4 hours prior to exam
- Two hours prior to exam, drink first bottle of liquid
- 30 minutes prior to exam, drink ½ second bottle of liquid
- Bring remaining ½ bottle to exam
- **DO NOT TAKE** the following diabetic medications for 48 hours after the exam - \*See list below
- Take all other diabetic medications and other medications as directed

Patient exam time: \_\_\_\_\_

Drink: \_\_\_\_\_

Drink: \_\_\_\_\_

#### CT Scan of abdomen and abdomen/pelvis with or without contrast:

- Nothing to eat or drink 4 hours prior to exam
- Two hours prior to exam, drink first bottle of liquid
- 30 minutes prior to exam, drink ½ of second bottle
- Bring remaining ½ bottle to exam
- **DO NOT TAKE** the following diabetic medications for 48 hours after the exam - \*See list below
- Take all other diabetic medications and other medications as directed

Patient exam time: \_\_\_\_\_

Drink: \_\_\_\_\_

Drink: \_\_\_\_\_

### DO NOT TAKE THE FOLLOWING MEDICATION WITHIN 48 HOURS AFTER THE EXAM:

\* Glucophage, Glucophage XR, Glucovance, Glumetza, Metformin, Alti-Metformin, Apo-Metformin, Gen-Metformin, Novo-Metformin, Nu-Metformin, Pms-Metformin, Rho-Metformin, RhoxalMetformin FC, Avandamet, Metaglip, Riomet, Glycon, Byetta, Janumet and Fortamet. All other medications should not be stopped. **Please ask your technologist for the date and time to resume medication for diabetes.**

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