

# PATIENT PREPARATION GUIDELINES

## ❑ Blood work requirements for CT with IV Contrast

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

## ❑ Blood work requirements for MRI with IV Contrast

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

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

Please be assured these are recommendations only. If you would like to speak to one of our radiologists for the best contrast guidelines for your patient, please call us directly. The ACR recommends that patients taking Metformin be classified into one of two categories based on the patient's renal function (as measured by GFR).

1. Based on the ACR recommendations, patients who are taking Metformin and are non-renal compromised i.e., with normal Creatinine level, can safely take their Metformin, without any restriction before or after the contrast injection.

2. In patients taking Metformin who are known to have acute kidney injury or severe chronic kidney disease (stage IV or stage V), the contrast will not be administered unless the patient is scheduled for dialysis the next day or within 24 hours. In which case, the Metformin should be temporarily discontinued at the time of the procedure, and be withheld for 48 hours subsequent to the procedure and re-instituted thereafter.

## ❑ 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 / RENAL COMPROMISED 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 / RENAL COMPROMISED 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 / RENAL COMPROMISED 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 / RENAL COMPROMISED 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.

\_\_\_**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.

## ❑ X-RAY

No preparation is required for general x-ray. Patients must wait 3-4 days for examination after consuming Barium contrast products only if they are scheduled for any x-ray exam within the abdominal / pelvic region (e.g., KUB, pelvis, lumbar spine). 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 follow ACR instructions above.

## ❑ 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!)

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# PREPARING FOR YOUR PET SCAN AT DCA MEDICATION AND DIET



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 for 30 - 60 minutes in an ambient / dimly lit room without any audible or visual stimulation (e.g., cell phone, iPad, etc.) to allow for proper distribution of the 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

## CT SCAN EXAM PREPARATIONS

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 ACR recommendations 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, 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 ACR recommendations below.
- Take all other diabetic medications and other medications as directed.

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

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

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

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