Thyroid Uptake and Scan

Your doctor has ordered a thyroid uptake and scan. The role of this procedure is to evaluate thyroid nodules, hyperthyroidism, hypothyroidism and goiter. This exam requires three visits over two days.

Before Your Exam

No iodinated contrast material for 6 weeks (CT, IVP or angio) before exam.

Ask your doctor about discontinuing Synthroid®, Levothyroxine® or Levothyroxine® 6 weeks before exam, Carbimazole® (T3) or Liothryronine 2 weeks before exam, and antithyroid medication such as PTU, Methimazole, and Tapazole 5 days before exam.

Avoid eating sushi, seaweed, fish, or seafood 1 week before exam. You must discontinue thyroid hormones for 6 weeks before your exam.

Stop all vitamin and cough drops for 1 week.

Do not eat or drink anything the morning of your first visit. You must be NPO before taking the radioactive iodine pill.

Stop all cold products for 3 weeks.

During Your Exam

Upon arrival, the technologist will explain your procedure and answer any questions you may have.

You will visit the department three times.

On your first visit, you will swallow a small radioactive iodine capsule.

On your second visit (six hours after taking the capsule), you will have an uptake measurement, pictures of your thyroid gland.

You will be in a sitting position for your uptake measurement procedure and lying flat on your back while pictures of your thyroid gland are taken.

The uptake probe used to perform the uptake measurement and the gamma camera used to take pictures of your thyroid gland do not produce any radiation. Each instrument simply detects and/or records the distribution of radioactive material in your thyroid.

Measuring the uptake and taking pictures of your thyroid gland will take approximately one hour.

Finally, on your third visit (24 hours after taking the capsule), you will have a follow-up uptake measurement of your thyroid gland.

This final visit will take approximately five minutes.

After Your Exam

If you stopped your thyroid medication, you must call your physician for instructions before resuming your medication.

Your study will be reviewed by a nuclear medicine physician and the results sent to your physician. Your physician will discuss these results with you and explain what they mean in relation to your health.

If you have any questions concerning your appointment, please contact Morris Sheppard at 843-792-6932.
H Pylori Breath Test – patient preparation

**Medications**

- Four weeks before the test do not take any antibiotics or Pepto Bismol® (oral bismuth subsalicylate).
- Two weeks before the test do not take any prescription or over-the-counter proton pump inhibitors (Prilosec® [omeprazole], Prevacid [lansoprazole], Protonix® [ pantoprazole], Aciphex® [rabeprazole] or Nexium® [ esomeprazole], Dexilant® [ dexlansoprazole]).
- Two weeks before test do not take sucraflate (Carafate)

**Patients should fast at least 6 hours prior to test**
INSTRUCTIONS FOR NUCLEAR STRESS TEST
ASHLEY RIVER TOWER-MUSC
25 Courtenay Drive
Charleston, SC 29425
(843) 792-6932

Your Nuclear Stress Test is scheduled for ___________ at ___________ am / pm. Please register at the 1st floor Central/Hospital Registration area in Ashley River Tower. After registration you will be directed to the Chest Pain Center waiting room on the 1st floor. Please arrive 15 minutes before your scheduled appointment. Plan to be with us for approximately 4 hours. If you need to reschedule this appointment, please call 843-792-6932.

**If you weigh 250lbs or more, you will have to have a 2-day study. The stress portion will be performed on the 1st day, and the rest portion on the following day. The same instructions apply for both days.

Diet/Medication
- **DO NOT** eat, smoke or drink after midnight the day of the test.
- **DO NOT** have any caffeine or take any medications which contain caffeine after 6pm the day before the test (Theodur, Excedrin, Anacin, No-Doz, Cafergot, Esgic, Fioricet, Fiorinal and other medicines that contain caffeine)
- The morning of the test, you may take all your medications with water, unless instructed otherwise by your physician.
- Please bring a list of your medications, including dosages and frequency with you the day of the test.

Insulin Dependent Diabetics
- If you are a diabetic you will be scheduled between 7:30am-8:30am
- Please do not eat after midnight the day before the test.
- **DO NOT** take your regular insulin (short acting)
- Take only half your normal dose of NPH insulin (longer acting)
- If you have a question about changing your insulin dose, contact your primary care physician

Clothing
You will need to wear comfortable clothing and exercise shoes as you may be walking on a treadmill. Do not wear slippers or shoes without backs. Changing rooms are available.
**Women:** Wear pants, shorts or skirts. We do not recommend dresses, corsets, full slips and under wire bras. **Men:** You may want to bring another shirt to wear after the test.

Parking
- **Handicap parking** is available on the ground level of Ashley River Tower at 25 Courtenay Drive.
- **Valet parking** is also available at the front entrance at Ashley River Tower for a flat fee of $5.00.
- **Garage Parking** with direct patient access into Ashley River Tower is located at 5 Charleston Center Drive directly off Courtenay Street. Outpatient parking is available for a $3.00 max fee with a validated parking ticket. Parking charges may be paid with cash or credit/debit card.

If you have any questions please call the Nuclear Medicine Department at (843) 792-6932. Thank You for choosing MUSC!
Your doctor has ordered a test that will permit evaluation of how food moves through your stomach. These studies will be performed in the nuclear medicine department.

**Preparation for the GE Test:**

- You should not eat any food after midnight, the night before the test. If you smoke, do not smoke, beginning on the morning of your test and throughout the time you are having the pictures of GE recorded. You may smoke after you are instructed that the test is completed.

- Some medications are generally stopped temporarily for this test. This should be discussed with your doctor or healthcare provider. Drugs that affect GE such as Reglan® (metoclopramide), erythromycin, Motilium® (domperidone), and antispasmodics such as Bentyl® (dicyclomine), Donnatal® (atropine/scopolamine/hyoscyamine/phenobarbital), Librax® (clidinium/ chloridiazepoxide), Leval® (hyoscyamine), and Robinal® (glycopyrrolate) are usually stopped for 3 days prior to this test. Do not take any laxatives on the day before or any time during your study.

- Unless otherwise directed by your doctor, the following pain medications should not be taken for 2 days prior to your test: Pain medications such as Demerol® (meperidine), codeine, morphine, OxyContin® (oxycodone extended-release), oxycodone, Percodan® (oxycodone/acetaminophen), Lortab® (hydrocodone/acetaminophen), and Percocet® (hydrocodone/acetaminophen) sedatives or tranquilizers, such as Valium® (diazepam), Ativan® (lorazepam), or Thorazine® (chlorpromazine).

- Unless otherwise directed by your doctor, you may continue your normal medications that could be taken with a small amount of water or juice up to 2 hours prior to your study. You should not drink coffee or tea.

- If you have diabetes, skipping breakfast may affect your need for diabetic medication. If you are a diabetic and on insulin, we request that you bring your regular morning dose of insulin with you. You can take this with the meal that will be given to you. We may reduce your insulin dose to adjust for the small size of the breakfast. Often half of your insulin is taken with the test meal. If you take oral hypoglycemic medications such as Glucophage® (metformin), Actos® (pioglitazone), or Glucotrol® (glipizide), these are generally taken with the meal in the nuclear medicine department. If there are any questions concerning your dose of insulin this should be discussed with your physician, radiologist, or the nuclear medicine department's physician performing the test.

- If you have diabetes, we also ask you to bring your glucose monitoring equipment to the test. We will ask you to check your glucose before the test and possibly during the test.

- Women, please note: This test should not be performed if you are pregnant. Inform your physician or nurse if you are pregnant or think you may be pregnant. You will be asked if there is the possibility of pregnancy. Often the test is best scheduled for females during the first 10 days of the menstrual cycle.

**Description of the GE Test:**

- For this test, you will be asked to eat an egg meal that consists of the equivalent of two eggs, toast with jelly, with water. The meal has been labeled with an isotope (radioactive tracer) that will permit pictures to be taken as the meal passes through the stomach and the GI tract.

- Pictures of short duration are acquired with you standing in front of the nuclear medicine department’s gamma camera. Between the images you will be permitted to walk about and continue normal activities. It is suggested that you bring some reading material and/or a “Walkman” or an “iPod” if you have personal music preferences. These studies try to simulate normal daily activities. The Nuclear Medicine department’s rooms may be cooler than the rest of the hospital, and you may want to bring a sweater with you.

- The GE test generally takes 4 hours once it is started.
PROSTASCINT IMAGING PATIENT PREPARATION

Patient’s Name: _______________  Imaging Date & Time: _______________

RATIONALE: The sensitivity of ProstaScint imaging is dependent upon how well you prepare for the study. The technique and patient preparation have proved critical to the study’s high success rate. Since we are looking for lymph node disease and lymph nodes are located within the abdomen and surrounding blood vessels, this preparation is necessary. The reason for the bowel preparation is to distinguish between normal bowel patterns and lymph node involvement within the abdomen.

PREPARATION:

1. Continue taking all prescribed medications.
2. Please drink approximately 1 gallon of clear fluid each day prior to the imaging session. The more you can drink the better the images are. Refrigerate bottle of Magnesium Citrate bowel prep that we have provided for you.

DIET: Once you receive your Prostascint injection you should refrain from eating heavy meals, such as red meats. Heavy meals are harder to digest and you may require additional imaging sessions due to the interference. Eat more frequently and in small quantities to keep from getting too hungry.

1 DAY BEFORE YOUR SCAN:

1. Eat a non-residue diet. This means NO SOLID FOODS; NO ADDED SUGAR; NO DAIRY PRODUCTS.
2. For breakfast you may have jello, black coffee, tea, oatmeal, grits and white bread.
3. For lunch and supper you may have clear soup (any soup you can see through the broth and has little or no vegetables, chicken, turkey, beef noodle, etc.)
4. At 4pm on the day before your scan, drink bottle of Magnesium Citrate. It can be mixed with any juice, soda, beverage.

MORNING OF YOUR SCAN: Drink clear liquids only.
**Check in at CENTRAL REGISTRATION in main lobby of Ashley River Tower building on Courtenay Drive. Your scan will take approximately 3 hrs to complete. You will have a CT of your abdomen and pelvis without oral contrast as a part of the Prostascint scan. If you have any questions, please do not hesitate to call Morris Sheppard at (843)792-6932 or the Nuclear Medicine Technologists at (843)876-4296.