

PATIENT INSTRUCTIONS

PET(POSITRON EMISSION TOMOGRAPHY)

48 hours before appointment: NO Exercise and No caffeine. 8 Hours prior to appointment time, no food or drink (Water no more than 8 ounces.) If diabetic, please call office for further instructions.

ULTRASOUND

1. **ABDOMINAL:** Nothing by mouth after midnight. No liquids. No breakfast.
2. **PELVIC OR OB:** Drink 4 large (8oz.) glasses of water one hour before exam.
DO NOT go to the bathroom. A full bladder is required.
3. **CAROTID DUPLEX:** No preparation.

NUCLEAR MEDICINE

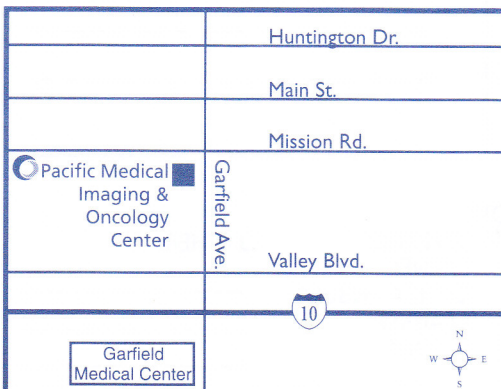
1. Thyroid Uptake & Scan: 3 visits to the Center within 24 hours.
Each visit about 30 minutes. Fasting at least 4 hours before exam.
2. Bone Scan: No preparation. After injection and return in 3 hours for imaging.
3. Liver / Spleen Scan, Renal Scan, Lung Scan: No preparation.
4. Hepatobiliary Scan: Nothing by mouth after midnight.
5. Cardiac Perfusion (Thallium or Sestamibi): Fasting at least 4 hours before exam.
Stress imaging for 30 minutes after injection and return in 3 hours for another 30 minutes resting imaging. Resting and Stress studies can be done on separate days.

CT

1. If no IV contrast, no preparation required.
2. If with IV contrast, nothing by mouth after midnight. BUN & CR. blood test required prior to exam.
3. ABDOMEN / PELVIS: Patient needs to come in at least 1 (one) hour before the exam and take the oral barium contrast for preparation.

MRI

1. Absolute Contraindication: MRI **CANNOT** be done on a patient with pacemaker or metallic brain aneurysm clip.
2. Wear loose clothes without any metal, preferably jogging apparel. No accessories, such as earrings or necklaces.
3. Head (e.g. brain) exams: do not wear any make-up, including eye make-up.



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