



**York Hospital**

WELLSPAN



Patient Education  
**Nuclear Medicine**











**After the Test:**

- No reactions or special precautions.
- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

**Risks and Benefits:**

Nuclear Medicine carries about the same risk as a common x-ray. Only small amounts of radioactive material are used and this material is quickly eliminated from the body. Side effects to nuclear medicine procedures are very rare. Nuclear medicine is generally not recommended for women who are pregnant or breastfeeding.

**Imaging Department Phone Number:  
(717) 851-4624**



## **Imaging Patient Education**

### **What you should know about your Exercise Sestamibi Stress Test**

#### **Purpose:**

An Exercise Sestamibi Stress Test is performed to assess myocardial perfusion and left ventricular function. It gives physicians a noninvasive way of assessing the blood flow to the heart muscle. This test helps diagnose conditions of the heart resulting from decreased blood flow, such as, blockages and heart attack.

#### **Preparation:**

- No caffeine for 24 hours prior to test, this includes decaffeinated coffee.
- INPATIENTS – Nothing to eat or drink from midnight on. Medications may be taken with just sips of water.
- OUTPATIENTS – A light breakfast may be eaten (i.e. juice, toast, cereal).
- Wear comfortable clothes and shoes.

#### **Procedure: What to Expect**

- Please bring a copy of your doctor's order with you the day of the exam.
- You will be asked to verify your name, date of birth and exam you will be having done.
- We will take a brief health history.
- An IV will be started, if the patient doesn't already have one.
- An injection of a radioactive isotope will be given through the IV.
- There are no reactions or side effects to the injection for your test.
- Two sets of images will be taken. It is very important that you remain still while the pictures are being acquired.
- This test takes approximately 4-6 hours.
- You will be walking on a treadmill for this test.
- There may be a waiting period after the treadmill.
- After being injected with the radioactive isotope, you will be asked to wait 45 minutes while the radioisotope circulates to the heart muscle.
- For the imaging portion, you will be positioned on your back with both arms over your head for about 20 minutes. Images are taken with a gamma camera that will rotate around your chest.
- You will walk on the treadmill and be given another injection when you reach maximum exercise. This is calculated to be at least 85 percent of your predicted maximum heart rate for your age. The length of time on the treadmill varies from patient to patient.
- After the treadmill, there may be a break of up to two hours. (Waiting time depends on the number of patients scheduled that day).
- Eating and drinking is permitted after the treadmill portion of the test is complete. (This includes caffeine).
- After the break, another set of images will be taken. This will take about 20 minutes.







## ***Imaging Patient Education***

### **What you should know about your Regadenoson Sestamibi Stress Test**

#### **Purpose:**

A Regadenoson Sestamibi Stress Test is performed to assess myocardial perfusion and left ventricular function. It gives physicians a noninvasive way of assessing the blood flow to the heart muscle. This test helps diagnose conditions of the heart that are a result of decreased blood flow, such as blockages and heart attack. This test uses a medication, called Regadenoson, to dilate the vessels in the heart muscle. This test is used for patients who are unable to walk on a treadmill or are unable to reach the necessary heart rate for the test, by walking on the treadmill.

#### **Preparation:**

- No caffeine for 24 hours prior to test, this includes decaffeinated coffee.
- INPATIENTS – Nothing to eat or drink from midnight on. Medications may be taken with just sips of water.
- OUTPATIENTS – Nothing to eat or drink from midnight on.
- Wear comfortable clothes and shoes.

#### **Procedure: What to Expect**

- Please bring a copy of your doctor's order with you the day of the exam.
- You will be asked to verify your name, date of birth and exam you will be having done.
- We will take a brief health history.
- An IV will be started, if you don't already have one.
- An injection of a radioactive isotope will be given through the IV.
- There are typically no reactions or side effects to the injection.
- After being injected with the radioactive isotope, you will be asked to wait 45 minutes while the radioisotope circulates to the heart muscle.
- Two sets of images will be taken. It is very important that you remain still while the pictures are being acquired.
- For the imaging portion, you will be positioned on your back with both arms over your head for about 20 minutes. Images are taken with a gamma camera that will rotate around your chest.
- This test takes approximately 4-6 hours.
- You will be given a medication called Regadenoson, a vasodilator, in place of treadmill exercise.
- There will be a waiting period after the treadmill portion of at least 45 minutes. This wait time could be longer depending on the number of patients scheduled for the day.
- After Regadenoson infusion, you will be given a second injection of a radioactive material for your second set of pictures.
- Eating and drinking is permitted after the treadmill portion of the test is complete. (This includes caffeine).
- After the break, another set of images will be taken. This will take about 20 minutes.



## ***Imaging Patient Education***

### **After the Test:**

- No reactions or precautions.
- Your exam will be evaluated by a nuclear physicians and the report will be sent to your physician.

### **Risks and Benefits:**

Nuclear medicine carries about the same risk as a common x-ray. Only small amounts of radioactive material are used and this material is quickly eliminated from the body. Side effects to nuclear medicine procedures are very rare. Nuclear medicine is generally not recommended for women who are pregnant or breastfeeding.

<p><b>Imaging Department Phone Number: (717) 851-4624</b></p>
---





## ***Imaging Patient Education***

### **What you should know about your Gastric Emptying Scan.**

#### **Purpose:**

Nuclear medicine uses small amounts of radioactive material to diagnose and sometimes treat disease. Nuclear medicine procedures, called scans, provide images that show how organs and tissues work. A gastric emptying scan is performed to diagnose the rate at which the stomach empties.

#### **Preparation:**

- You will be asked not to eat or drink for eight hours before your test.

#### **Procedure: What to Expect**

- Please bring a copy of your doctor's order with you the day of your exam.
- You will be asked to verify your name, date of birth and exam you will be having done.
- We will take a brief medical history.
- You will be given a scrambled egg to eat that contains a small amount of radioactive material. The taste of the egg will not be altered. (If you are allergic to eggs, oatmeal will be given as a replacement). After eating the egg, you will have images taken over the stomach area. One image is taken every 15 minutes with a gamma camera. You will be standing for the images or laying down depending on your ability to stand.
- Images will be taken for two hours. Images at three and four hours may also be obtained if clinically indicated.

#### **After the Test:**

- No reactions or special precautions.
- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

#### **Risks and Benefits:**

Nuclear medicine carries about the same risk as a common x-ray. Only small amounts of radioactive material are used and this material is quickly eliminated from the body. Side effects to nuclear medicine procedures are very rare. Nuclear medicine is generally not recommended for women who are pregnant or breastfeeding.

<p><b>Imaging Department Phone Number: (717) 851-4624</b></p>
---



***Imaging Patient Education***

**What you should know about your GI Bleeding Scan.**

**Purpose:**

Nuclear medicine uses small amounts of radioactive material to diagnose and sometimes treat disease. Nuclear medicine procedures, called scans, provide images that show how organs and tissues work. This scan is used to check for the location of bleeding in the bowel.

**Preparation:**

None

**Procedure: What to Expect**

- Please bring a copy of your doctor's order with you the day of the exam.
- You will be asked to verify your name, date of birth and the exam you will be having done.
- We will take a brief medical history.
- You will have blood drawn from a vein in your arm. The blood is combined (tagged) to a radioactive isotope. The tagging procedure takes about 25 minutes. The tagged blood will be re-injected back into your arm.
- There are no reactions or side effects to your re-injected blood.
- Images will be acquired of the blood flow within the abdomen.
- You will be lying on your back with the camera above you. You will be made as comfortable as possible but will need to lie still during imaging. Images are taken continuously for one hour, or until an obvious origin of bleeding is seen.
- Additional images may be required to locate the site of bleeding.
- The exam will take approximately 1.5 hours.

**After the Test:**

- No reactions or special precautions.
- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

**Risks and Benefits:**

Nuclear medicine carries about the same risk as a common x-ray. Only small amounts of radioactive material are used and this material is quickly eliminated from the body. Side effects to nuclear medicine procedures are very rare. Nuclear medicine is generally not recommended for women who are pregnant or breastfeeding.

<p><b>Imaging Department Phone Number: (717) 851-4624</b></p>
---















## **Imaging Patient Education**

### **What you should know about your Lymphoscintigraphy**

#### **Purpose:**

Nuclear medicine uses small amounts of radioactive material to diagnose and sometimes treat disease. Nuclear medicine procedures, called scans, provide images that show how organs and tissues work. This exam is used to help physicians localize/identify the sentinel node. The sentinel node is the first node to receive lymph drainage from a tumor.

#### **Preparation:**

None

#### **Procedure: What to Expect**

- Please bring a copy of your doctor's order with you the day of your exam.
- You will be asked to verify your name, date of birth and exam you will be having done.
- We will take a brief medical history.
- Prior to injection, a numbing cream will be applied to the area surrounding the melanoma or area of interest.
- A small amount of radioactive material will be injected under the skin surrounding the area of interest. Up to four injections will be given in the surrounding area.
- Some mild stinging and/or burning can be expected during the injections.
- There are no other reactions or side effects to the injections.
- Immediate flow images will be acquired using a gamma camera. Generally, you will be laying down for imaging. You will be asked to remain still while your images are being taken.
- Images are acquired until the sentinel node is visualized. This takes approximately 30 to 60 minutes.

#### **After the Test:**

- No reactions or special precautions.
- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

#### **Risks and Benefits:**

Nuclear medicine carries about the same risk as a common x-ray. Only small amounts of radioactive material are used and this material is quickly eliminated from the body. Side effects to nuclear medicine procedures are very rare. Nuclear medicine is generally not recommended for women who are pregnant or breastfeeding.

<p><b>Imaging Department Phone Number: (717) 851-4624</b></p>
---





## ***Imaging Patient Education***

### **What you should know about your Parathyroid Scan.**

#### **Purpose:**

Nuclear medicine uses small amounts of radioactive material to diagnose and sometimes treat disease. Nuclear medicine procedures, called scans, provide images that show how organs and tissues work. This scan is used to locate tumors of the parathyroid glands, which are found in your neck.

#### **Preparation:**

- None

#### **Procedure: What to Expect:**

- Please bring a copy of your doctor's order with you the day of your exam.
- We will verify your name, date of birth and exam you will be having done.
- We will take a brief medical history.
- An injection of a small amount of radioactive material will be given in a vein in the arm.
- There are no reactions or side effects to the injection.
- After 15 minutes, you will be positioned on an imaging table with your head and neck extended.
- Images are acquired over the neck and chest. The length of time for initial scanning is one hour.
- You may leave but will be asked to return in two hours for additional imaging.
- You will again lie on the table with your head and neck extended.
- A second set of images similar to the first will be taken. If SPECT imaging is ordered, you will be asked to lie still for 30 minutes of continuous imaging while the camera rotates around your neck.

#### **After the Test:**

- No reactions or special precautions.
- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

#### **Risks and Benefits:**

Nuclear medicine carries about the same risk as a common x-ray. Only small amounts of radioactive material are used and this material is quickly eliminated from the body. Side effects to nuclear medicine procedures are very rare. Nuclear medicine is generally not recommended for women who are pregnant or breastfeeding.

<p><b>Imaging Department Phone Number: (717) 851-4624</b></p>
---









