



Patient Instructions

Appointment Information

A telephone intake appointment will be scheduled prior to your first scan. During this call, our clinician will go over your completed paperwork and may ask you additional relevant questions.

Each scan appointment will last approximately 2 hours.

A review appointment will occur after the reading physician has completed your report. At this time you will meet with our clinician to review your brain scan report and images. This meeting can take place at our clinic or via web conference. You are welcome to invite family members or members of your support system to attend the review with you. The review appointment will take about 1 hour.

PRE-SCAN FLUID CONSUMPTION REQUIREMENTS

It is important to be fully hydrated before your scans. We recommend that in the 24-hour period prior to each scan, adult patients drink 6-8 glasses (36-48 ounces) of non-caffeinated fluids and children consume 3-4 glasses (18-24 ounces) of non-caffeinated fluids. **Please note that inadequate fluid consumption may prevent the patient from being injected and scanned, and therefore may result in the forfeiture of your deposit.**

PHYSICAL REQUIREMENTS

The patient's head must remain motionless (blinking eyes and swallowing are o.k.) for approximately 20-30 minutes during the scan process. If you have any concerns about the patient's ability to keep his/her head motionless, please contact your Patient Care Coordinator at 866-722-4806 immediately to discuss your concerns.

Medication Recommendation for SPECT Scan

A brain SPECT scan produces images that show blood flow patterns, and which areas of your brain are more active or less active. Certain medications that are classified as a **stimulant, benzodiazepine, opiate or barbiturate**, can artificially alter blood flow

To protect the integrity of the scan, and to generate the most accurate results for you and your doctor, *consider* refraining from stimulant medications and/or opiates, benzodiazepines, and barbiturate medications.

Please note these are recommendations to discuss with your doctor prior to your scheduled scan(s). Discontinuing or reducing medication always requires physician supervision. If refraining from your medications will induce withdrawal effects, seizures, severe discomfort or pain, please remain on them.



See the chart below for general medications (and their generic form) under each category. Note this is not an extensive list. Should you have any questions about medications and your SPECT scan(s), please contact one of our clinicians.

Stimulants: Stop 48 hrs. prior to scan(s)	Opiates: Stop 24 hrs. prior to scan(s)
<ul style="list-style-type: none"> • Adderall (dextroamphetamine) • Ritalin (methylphenidate) • Strattera (atomoxetine) • Cylert (Pemoline) • Concerta, Metadate (Methylphenidate) • Fastin, Lonamin (phentermine) • Dexedrine (Dextroamphetamine) • Provigil (Modafinil) • Vyvanse (lisdexamfetamine dimesylate) 	<ul style="list-style-type: none"> • Opium • Morphine • Codeine • Diluadid • Meperidine (Demerol) • Oxy IR, Oxycontin, Percocet (Oxycodone) • Vicodin • Duragesic (Fentanyl) • Methadone • Oxymorphone • Hydrocodone • Oxycodone • Hydromorphone • Clonidine • Suboxone (Buprenorphine)
Barbiturates: Stop 24 hrs. prior to scan(s)	Benzodiazepines: Stop 24 hrs. prior to scan(s)
<ul style="list-style-type: none"> • Seconal (secobarbital) • Mebaral (mephobarbital) • Nembutal (pentobarbital) • Luminal (Phenobarbital) • Anytal Sodium (amobarbital) • Butisol Sodium (butobarbital) • Nembutal (pentobarbital) • Solfoton (phenobarbital) 	<ul style="list-style-type: none"> • Doral (Quazepam) • Niravam (Alprazolam) • Prosom (Estazolam) • Dalmane (Flurazepam) • Diazepam • Onfi (Clobazam) • Xanax (Alprazolam) • Librium (Chlordiazepoxide) • Tranxene (Clorazepate) • Klonopin (Clonazepam) • Serax (Oxazepam) • Valium (Diazepam) • Diastat (diazepam) • Ativan (Lorazepam)



Substances which you must eliminate prior to the scans:

24 hours prior to the first scan, **eliminate the following:**

CAFFEINE:

- Including but not limited to, **coffee, decaf coffee tea, green tea, iced tea, chocolate, most soda pops, sports drinks, energy drinks, etc.**

OVER THE COUNTER MEDICATIONS CONTAINING CAFFEINE:

- Brand names include, but are not limited to: Excedrin, Midol, Anacin, No Doze, Vivarin, and Bayer Headache Relief

COLD MEDICATIONS:

- Especially those containing Pseudoephedrine (Sudafed - whether brand name or generic) any other decongestants, or nasal sprays such as Afrin

VITAMINS OR SUPPLEMENTS CONTAINING:

- Ephedrine, caffeine, guarana or steroids

ILLCIT DRUGS:

- Including but not limited to, marijuana, cocaine, methamphetamine, etc.

ALCOHOL:

- **PLEASE NOTE:** If you are a heavy user of alcohol, caffeine or illicit drugs, please contact your doctor now about a tapering-off plan in preparation for your brain scans.

10 hours prior to the first scan, **eliminate:**

NICOTINE

- Including but not limited to, cigarettes, e cigarettes, gum, chewing tobacco, nicotine patch, etc.
- **PLEASE NOTE:** If you are a heavy user of nicotine, follow the nicotine protocol that was sent in a separate email for your tapering off plan prior to your scans.

1 hour prior to each scan: Do not chew gum or eat candy

Things to avoid during the scan process:

- Avoid strenuous activities until both scans are completed
- Avoid activities where you may sustain an impact to your head

The key to a successful brain scan is to remain motionless while the camera is imaging your brain.

- You will need to **remain motionless** for approximately 20-30 minutes.

Due to the sensitivity and the cost of the radioisotope, it is very important to follow all of these instructions carefully, as payment is still required in the event that you cannot remain still for the scan, or if you do not follow the medication and/or substance protocols.

For this reason, we ask if you have any concerns about being able to remain still for the duration of the scans, or about following medication and/or substance protocols please contact your Patient Care Coordinator immediately.



***Parents:** If you are concerned about your child's ability to remain still: *PLEASE* contact your patient Care Coordinator to discuss strategies that may be helpful!

How to Dress

- Dress comfortably so that you are relaxed.
- Dress warmly since our imaging room may be chilly.
- Wear a collarless, well-fitted top such as a T-shirt and sweater or other warm collarless layer.
- Prior to the scans, please remove any barrettes and jewelry or piercings above the neck.
- The technologist may ask you to wear a hairnet for the scans to allow the camera to get as close to your head as possible.
- Please do not chew any gum during your appointment.

Cancellation Policy

Scan appointments that are missed, cancelled or due to non-compliance with patient instructions, before your scheduled appointment, will result in fee of \$1,200.00.

PREPARE FOR YOUR VISIT AT OUR CLINIC

Your scan appointments will take approximately 2 hours each, so you may want to bring some reading material or something to pass the time.

Relax! The staff at our clinic is friendly and professional, and will gladly answer any additional questions you may have when you arrive at CereScan.

If your physician or therapist has any questions, please have them call our Patient Care Department at 866-722-4806.



Frequently Asked Questions

Are there any side effects or risks to the brain imaging study? The study does not involve a contrast agent, so allergic reactions are very rare. If one does occur it usually involves only a mild, self-limited skin reaction such as a rash. Please let the technologist know if you experience any unusual symptoms during or after the injection of the radioisotope.

Will I feel pain when the radiopharmaceutical is injected? You will only feel a small pinch from the needle as it is placed into your vein.

How is the brain scan procedure done? Prior to the scan, you will sit in a comfortable and quiet room and a small intravenous (IV) line will be started. On the day of the concentration study, you will be given a simple computer task to do. The imaging agent will be injected through your IV approximately 5 minutes into the computer task. After a waiting period of approximately 60 minutes, the technologist will take you into the camera room. You will lie down on the padded camera table and be positioned between the 2 camera detectors, which will image your brain. For the “resting” study (approximately 2 days later), the process is similar to the first scan except, instead of doing a computer task during the injection period, you will sit quietly in a comfortable chair; the room lights will be dimmed and you will wear sound dampening headphones to minimize noise.

Will I be alone? No, the technologist (and a parent if applicable) will be nearby during the process.

Will the camera touch me? The camera will rotate around your head and shoulders but no part of the machinery will touch your body. You will not go through a tube. The time on the camera table is approximately 20-30 minutes.

Will I get a diagnosis from the brain scans? Functional imaging provides diagnostic information for your treating healthcare provider. Your healthcare provider will use the data from your brain scan and the information included in your report, in conjunction with your clinical history, to assist in forming a diagnosis.

Can I move during the scan? No, you cannot move during the scan. Your head and body must remain motionless (blinking eyes and swallowing are okay) for approximately 30 minutes or the scan will be compromised and unreadable by our physicians. The camera table has a soft cushion and most patients find it quite comfortable.

After I've been injected with the radioisotope, should I avoid physical contact with others? No, that is not necessary. In general, the radioisotope you are given will remain in your body for a short period of time. It is eliminated by urination, thus drinking more fluids afterwards will aid this process. If you are traveling by airplane within 24 hours following a scan, please make sure to let the technologist know. If any special precautions are necessary, the technologist will advise you. If you are nursing, you will receive and need to comply with the *Policies and Procedures for Patients who are Breast-feeding*.

What should I do after the scans? You can return to any regular activities of daily living (driving, work, school, exercise, etc.). However, it will be necessary to increase your intake of fluids to aid the elimination of the radioisotope from your body. The goal is to urinate twice in the two hours following the injection. The technologist will provide discharge instructions.