

## Brain SPECT Scan Patient Instructions and Information

### 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.**
- **After the scan:** It will be necessary to increase your intake of fluids to aid the elimination of the radioisotope from your body.

**Do not eat or drink anything except water 1 hour** prior to the scan(s). This includes gum or hard candy.

### Substances to eliminate 24 hours prior to the scan(s):

#### 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

#### 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 scan(s).

### Substances to eliminate 10 hours prior to the scan(s):

#### 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 and need to smoke or vape, you may bring a cigarette or vape with you and have it *after* the injection.

#### **IMPORTANT:**

**Due to the sensitivity and the cost of the radioisotope, it is very important to follow these instructions carefully. In the event that a patient does not follow the medication and/or substance protocols, we may not be able to perform the procedure, and you may be responsible for the cost of the pharmaceutical.**

## MEDICATION RECOMMENDATIONS

- Certain medications such as **stimulants, benzodiazepines, opiates or barbiturates**, can artificially alter blood flow in the brain. 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.

Below is a list of prescription medication recommendations. Discontinuing or reducing medication *always* requires physician supervision. **Please note that these recommendations should be discussed with your doctor as there may be important instructions for weaning off them.** If refraining from your medications will induce withdrawal effects, seizures, severe discomfort or pain, please remain on them.

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

## PHYSICAL REQUIREMENTS

The patient's head must remain motionless (blinking eyes and swallowing are o.k.) for approximately 20-30 minutes during the scan. **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.**

### How to Dress

- Dress comfortably so that you are relaxed.
- Dress warmly as our imaging room may be chilly. Do not wear a shirt or sweater with a bulky collar.
- Please remove any barrettes and jewelry or piercings above the neck prior to the scan(s)
- 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.

### Things to Avoid on the Day of Your Scan

- No strenuous activities prior to your scan. You may exercise after the scan. Examples of strenuous activity may include:
  - Mountain climbing
  - Hiking
  - Intense sports that could result in head injury
- Avoid activities where you may sustain an impact to your head

### Appointment Information

Each scan appointment will take approximately 2 ½ - 3 hours each. You may want to bring some reading material or something to pass the time. If your appointment is at our clinic in Colorado, during one of your visits, you will meet with a clinician to review your medical history. If your appointment is at one of our other locations, we will schedule a phone call to review your medical history. The call should take about an hour.

### After the Imaging

The report may take a week to 10 days for completion. Your ordering provider will receive a copy of the report and images. CereScan will email the report and images or mail a CD and report to the patient or guardian with instructions on how to set up a review of the diagnostic information. 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.

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. If you are having two scans, on the day of the concentration scan, you will be given a simple computer task to do. The pharmaceutical will be injected through your IV approximately 5 minutes into the computer task. After a waiting period of about 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. 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 20 - 30 minutes, or the scan may be compromised and unreadable by our physicians.

***After I've been injected with the radioisotope, should I avoid physical contact with others?*** No, this 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*.

***Can I resume normal activities after the scan?*** You may return to all normal activities after the scan (driving, work, school, exercise, etc.)