



DaTscan Patient Instructions and Information

IF YOU ARE ALLERGIC TO IODINE, PLEASE CONTACT YOUR PATIENT CARE COORDINATOR IMMEDIATELY!

IF YOU ARE PREGNANT, YOU MAY NOT HAVE THIS PROCEDURE. PLEASE LET YOUR CARE COORDINATOR KNOW IMMEDIATELY.

FLUID CONSUMPTION REQUIREMENTS:

- **Prior to the scan:** In the 24-hour period prior to your scan, you must drink 6-8 glasses (36-48 ounces) of water and continue to drink 6-8 glasses water per day for 48-hours (2 days) after your scan.
- **After the scan:** It will be necessary to increase your intake of fluids to aid the elimination of the radioisotope from your body. You will be provided discharge instructions.

MEDICATION RECOMMENDATIONS:

Below is a list of prescription and over the counter medications that should be discontinued prior to a DaTscan.

These recommendations should be discussed with your doctor as there may be important instructions for weaning off them.

Prescription Medication Recommendations

These recommendations are based on the half-life of the medication. Please consult your referring provider.

- **Benzotropine (Cogentin):** Discontinue **5** days prior to your scan
- **Bupropion (Wellbutrin, Zyban, Aplenzin):** Discontinue **8** days prior to your scan
- **Dexamphetamine (Dexadrine):** Discontinue **7** days prior to your scan
- **L-DOPA:** Discontinue **ONLY** under the written order of a neurologist for **12** hours prior to your scan (must consult with neurologist)
- **Mazindol (Mazanor, Sonorex):** Discontinue **3** days prior to your scan
- **Methylphenidate (Concerta):** Discontinue **2** days prior to your scan
- **Methylphenidate (Ritalin):** Discontinue **1** day prior to your scan
- **Modafinil (Provigil):** Discontinue **3** days prior to your scan
- **Phentermine (Adipex-P, AttiPlex P, Ionamin, Kraftobese, Duromine):** Discontinue **14** days prior to your scan

Over-the-Counter Medication Recommendations

Discontinue 1 day prior to your scan

- Ephedrine (má huáng, dietary supplements)
- Norephedrine (PPA, Accutrim)
- Phenylephrine
- Phenylpropanolamine (PPA, Accutrim)
- Pseudoephedrine (Sudafed)

Plan on the following schedule for your day:

- 9:30 AM: thyroid blocker
- 10:30 AM: injection
- 2:30 PM: DaTscan

Please wear comfortable clothing. After the injection, you are free to leave for 4 hours, and must return at 2:30 p.m. for the imaging. Timing for the scan is precise, and if you are late, we may not be able to proceed with the imaging.



Frequently Asked Questions

Are there any side effects or risks to the brain imaging study? Though rare, allergic reactions have been reported. For DaTscan, the reactions have generally consisted of skin erythema and pruritus (redness and itching). Failure to block thyroid uptake of iodine ¹²³ may result in an increased long-term risk for thyroid cancer. Other adverse reactions reported consisted of headache, nausea, vertigo, dry mouth or dizziness. These reactions were of mild to moderate severity.

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? After you have received the injection of the radiopharmaceutical and return to the clinic for your scan, you will meet again with the technologist. The technologist will have you lay down on the camera table, which is padded for your comfort. You may request that music be played in the room during the scan. Many patients find this helps the time go by more quickly. Once the scan begins, the detectors will slowly rotate around your head. They will come close to you but never touch you.

Will I be alone? No, the technologist 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 40 minutes.

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 40 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 unless you have an infant, in which case you should avoid prolonged contact for 72 hours. 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 have already received and need to comply with the *Policies and Procedures for Patients who are Breast-feeding*.

Will I get a diagnosis from the brain scans? Your doctor will use the data from your DaTscan report to help form a conclusion about your condition or assign a diagnosis.

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

Call your Patient Care Coordinator with any questions or concerns.