



## NUCLEAR MEDICINE PATIENT PREPARATION INSTRUCTIONS

Nuclear Medicine Procedure	Patient Preparation and Exam Description
Adrenal Scan with MIBG	<p>This is a multi-day test. You will be asked by your Doctor's office to pick up a solution OR capsules from a pharmacy a week or two before your test. The solution is called LUGOL'S and the capsules are called Potassium Iodide pills. You may use either one of these – both protect your thyroid for the test. You will start taking solution/capsules orally the Monday BEFORE your test and will continue to take it for 10-12 days. To take Lugol's solution, use 10 drops in any drink you prefer, daily. The number of capsules to take depends on the brand and size of the capsules – you will need to take 130mg per day.</p> <p>If you have any questions about this, please call the Nuclear Medicine Department 519-751-5544 extension 4270.</p> <p>Your first appointment will take approximately 30 minutes. It will have an IV placed in your arm to receive an injection of a radioactive tracer. The IV is then removed and the technologist will inform you of when to return for images the next day.</p> <p>The second day images will take approximately 2 hours. There are no side effects to this procedure and no restrictions for this test.</p> <p>Please wear clothing with no metal buttons, zippers or beads.</p>
Biliary Hida Scan	<p>If your appointment is booked for BEFORE 11am you MUST eat a meal the evening before, but no food or drink after midnight. If your appointment is scheduled for AFTER 11am, you MUST eat a meal 4 hours before your appointment, and then no food or drink until after your test is completed.</p> <p>You will be given a radioactive injection 90 minutes. There are no side effects to this procedure. Please wear clothing with no metal or beads.</p>
Bone Marrow	<p>You will receive a radioactive injection in your arm – there are no side effects to this injection and no restrictions for this test. You will be asked to wait in the waiting room for 30-45 minutes then will be taken to imaging for approximately 30-45 minutes. Please ensure your clothing has no metal or beads.</p>
	<p>You are booked for a Nuclear Medicine Bone Scan. This is NOT a Bone Mineral Density test.</p> <p>This is a two part test. First, you'll be interviewed by the technologist and then receive a radioactive injection. There are no side effects from this injection. A first set of imaging may be required with the injection which will take up to 30 minutes. The technologist will give you a return time which is typically 2.5 to 4 hours later. You do not need to stay in the hospital for the waiting period. The second set of pictures will take approximately 1 hour. There are no restrictions for this test. Please ensure your clothing has no metal or beads.</p>
Brain Perfusion Function	<p>An IV is set up in your arm and you will rest in a quiet room for 20 minutes before the scan. You will receive a radioactive injection through an IV. The IV is removed and soon after images are taken for one hour. There are no side effects to this procedure. Please ensure your clothing has no metal or beads.</p>



Brain Scan	<p>This is a two part test. You will be interviewed by the technologist and given a radioactive injection. There are no side effects from this injection. A first set of imaging will be taken for 30 minutes. The technologist will give you a return time for 2 hours later. You do not need to stay in the hospital for the waiting period. The second set of pictures takes 1 hour.</p> <p>There are no restrictions for this test. Please ensure your clothing has no metal or beads.</p>
Breast	<p>IV will be started in your arm and you will receive a radioactive injection. There are no side effects from the injection. You will be asked to leave and the technologist will provide a return time with you – about 2 hours later. When you return, images will be taken for 1 hour. There are no restrictions for this test. Please ensure your clothing has no metal or beads.</p>
Captopril Renal Scan	<p>Your doctor should direct you to stop taking your ACE inhibitor/Cozaar medication 48 hours before this test. Please check with your doctor/pharmacist if you are not sure about which medications you take. Please bring a list of medications with you. You may eat, drink and take other medications as normal. An IV will be set-up in your arm and you will receive blood pressure medication orally. Your blood pressure will be monitored periodically for an hour.</p> <p>You will then be taken into the camera room and receive a radioactive injection through IV. Pictures will be taken immediately for 1 hour.</p> <p>Please ensure your clothing has no metal or beads.</p>
Cardiac Resting Wall Motion	<p>Two injections will be given 30 minutes apart. Images of your heart will be taken for 60 minutes. The injections have no side effects and there are no restrictions for this test. Please ensure your clothing has no metal or beads.</p>
CCK Hida Scan	<p>Your doctor has booked an appointment for you to evaluate your gallbladder. If your appointment is booked before 11am you MUST eat a meal the evening before, but nothing to eat or drink after midnight. If your appointment is scheduled after 11am, you MUST have a meal 4 hours before to your appointment and then nothing until after your exam is complete.</p> <p>During your test you will be given a radioactive injection and either a medication or special drink to stimulate your gallbladder.</p> <p>Imaging will be taken continuously and the test can take from 2 to 3 hours.</p> <p>Please ensure your clothing has no metal or beads.</p>
CSF Flow Study	<p>This test takes multiple days. You must have your prescribed bloodwork done 1 week before your appointment. On the day of your appointment, you will have a lumbar puncture procedure and a radioactive injection will be administered into your spinal canal. You will wait in the Nuclear Medicine department for observation until you feel well enough to be released by the technologist. The technologist will schedule you to return to the Nuclear Medicine Department for the next imaging two days at a time. Each day of imaging takes approximately 45 minutes. Please ensure your clothing has no metal or beads.</p>
CSF Shunt	<p>A Nuclear Medicine Physician will insert a radioactive tracer into your shunt, images are then taken for 1 hour. You may have to come back later in the day for more pictures, depending on what the physician decides. If delayed images are needed, the technologist will give you the return time. The injection has no side effects and there are no restrictions for this test.</p> <p>Please ensure your clothing has no metal or beads.</p>



DMSA Renal Scan Gluco Renal Scan	You will receive an IV injection of a radioactive tracer. The technologist will give you a return time approximately 4 hours later for imaging, which will take 1 hour to complete. You may leave the hospital during your break. There are no side effects to this procedure and no restrictions for this test. Please ensure your clothing has no metal or beads.
Esophageal	Nothing to eat or drink 4 hours your appointment. You will be given a radioactive drink and/or sandwich. Pictures are taken continuously for 90 minutes. There are no side effects to this procedure. Please ensure your clothing has no metal or beads.
Gallium Scan	This scan takes multiple days. There are no diet restrictions and no side effects to this procedure. <b>Day One:</b> You will receive an IV radioactive injection in the arm. The IV is then removed and you will stay for approximately 30 minutes. <b>Day Two:</b> Images will be taken in the Nuclear Medicine Department for approximately two hours. <b>Day Three:</b> Imaging may be required on day three. The technologists will inform you if you need the third day of imaging. There are no side effects to this procedure and no restrictions for this test. Please ensure your clothing has no metal or beads.
Gastric Emptying	You must not eat or drink 4 hours before your exam. The Nuclear Medicine technologist will provide a meal for you consisting of egg whites containing a radioactive tracer, toast, jam and water. Imaging will take place immediately after the meal for 30 minutes and then every hour for up to 4 hours. You must bring a current list of medications with you. Your physician may ask you to hold certain gastric medications for his test. If you have any questions about this, please contact the referring physician. If you are diabetic, bring your insulin and glucometer with you to the procedure. If you have an egg allergy or dietary issues with the above meal, please contact the Nuclear Medicine Department at 519-751-5544 extension 4270. There are no side effects to this procedure. Please ensure your clothing has no metal or beads.
Gastroesophageal Reflux Study	Please do not eat or drink anything for 4 hours before your appointment. You will be given a radioactive drink and/or sandwich. Pictures will be taken continuously for 90 minutes. There are no side effects to this procedure. Please wear clothing with no metal or beads.
GE Aspiration	Nothing to eat or drink 4 hours before your appointment. You will be given a radioactive drink. Pictures are taken continuously for 90 minutes. You may have to come back the next day – this will be decided by the physician when they evaluate the first set of images. Please ensure your clothing has no metal or beads.
GI Bleed with Labelled RBC's	You will receive two injections 30 minutes apart. These injections have no side effects and no restrictions for this test. Images are taken for 90 minutes. The Nuclear Medicine Physician will review the images and more pictures may be needed for up to 6 hours. The technologist will inform you of the times needed for further imaging, if necessary. Please ensure your clothing has no metal or beads.
Lasix Renal Scan	You will receive IV hydration in your arm for the first hour of your study. After hydrating, you will receive a radioactive injection. Pictures will be taken continuously for 1 hour. During imaging, you will receive Lasix – a diuretic medication – through the IV. This may give a feeling of urgency to use the restroom. Once you have voided your bladder, one more image will be taken. There are no restrictions for this test. Please wear clothing with no metal or beads.



Leveen Shunt	The Nuclear Medicine Physician will provide a radioactive injection in your shunt. Images will be taken immediately for 1 hour. If more pictures are needed, you may be required to return for more pictures for up to 6 hours later, if the Nuclear Medicine Physician decides they are necessary. There are no side effects to this procedure and no restrictions. Please ensure you clothing has no metal or beads.
Liver/Spleen Scan	You will receive a radioactive injection in your arm. There are no side effects to the injection and no restrictions. You will be asked to wait for approximately 30 minutes in the waiting room. Imaging will then take 1 hour. Please wear clothing with no metal or beads.
Lung Scan Perfusion, Quantitative, Ventilation	You will receive a radioactive injection in your arm. Images of your lungs will be taken for 20 minutes. There are no side effects to this procedure and no restrictions for this test. Please wear clothing with no metal or beads.
Lung Scan Vent/Perf	This is a two part test which takes about 1 hour. You will start by breathing in a radioactive gas. Images of your lungs will be then be taken for 15 minutes. For the second part of the test, you will receive a radioactive injection in your arm. More images will be taken for 20 minutes. There are no side effects to this procedure and no restrictions. Please ensure your clothing with no metal or beads.
Lymphangiogram	Radioactive injections will be given in the area of interest and images will be taken for 1 hour. You may need to return later in the day for more imaging – the Nuclear Medicine Physician will decide this. The technologist will inform you of the time you will need to return. There are no restrictions for this test. Please wear clothing with no metal or beads.
Meckels Scan	If your appointment is booked before 12 noon, you must not eat or drink after midnight the evening before the test. If your appointment is booked after 12 noon, you must not eat or drink 4 hours before the test. You will receive a radioactive injection in your arm. Pictures will be taken immediately for 75 minutes. Avoid taking acetylsalicylic acid (ASA), laxatives or barium for 3 days before your exam. There are no side effects to this procedure. Please ensure your clothing has no metal or beads.
MIBI Scan	This test will take approximately 4 to 6 hours. There are two parts to the test with a break in between of an hour or two for a snack or lunch. The first part of the test can take up to 90 minutes. You will receive an IV radioactive tracer injection in your arm. You will wait approximately 30 minutes to an hour before the first set of pictures. The second part of the test takes up to 2.5 hours. This is the stress test portion of the test using either the treadmill or a medication for those unable to exercise. Images will be taken again at the end of the test. Please follow the following instructions: <b>Prior to your test:</b> If you are taking a medication called Aggrenox, you must contact your doctor for instructions. You must not take Viagra, Cialis/Tadalafil, Adcirca or other ED medications for two full days/48 hours before your test. You must not have any of the following: drinks such as coffee, decaf coffee, anything with caffeine, tea, carbonated soft drinks, chocolate, or alcohol 24 hours before your scheduled test. <b>On the Day of your test:</b> You may have a light breakfast including eggs but must avoid dairy products and the caffeinated products listed above. Please take your regular medications except those restricted above, and bring a list of your medications. If you are diabetic, take your medication and/or insulin as required and please bring any required medication for the day e.g. puffers, nitro spray, afternoon medications.



	Wear cool, comfortable clothing. Avoid clothing with metal buttons or zippers, wear running shoes or comparable walking shoes.
Octreotide Scan	<p><b>This is a multi-day test.</b></p> <p>If you are on an Octreotide medication, discuss with the ordering physician about whether to stop this before the test – ideally for 4 weeks.</p> <p>On the first day of the test, you'll receive a radioactive tracer IV injection. The IV will be removed and you will be asked to leave and return approximately 4 hours later for imaging. There are no restrictions while you wait and you may leave the hospital. These images will take approximately 90 minutes.</p> <p>On the second day you will return at a pre-determined time given to you by the technologist on day 1. These images take approximately 2 hours.</p> <p>On the third day you will return at a pre-determined time given to you by the technologist on day 2. These images can vary from 30 - 90 minutes.</p> <p>Occasionally the third day is not required. There are no side effects to this procedure. Please wear clothing with no metal or beads.</p>
Parathyroid	<p><b>This is a two part test.</b></p> <p>You'll receive a radioactive injection given through the IV. The IV is removed and you will be asked to wait 10-15 minutes in the waiting room before pictures. The first set of images will take 45 minutes. The technologist will ask you to leave and return approximately 3-4 hours later for the second set of images which take about 1 hour. You do not have to remain in the hospital while you wait. There are no side effects to this procedure and no restrictions. Please wear clothing with no metal or beads.</p>
Pyrophosphate Scan	<p><b>This is a two part test.</b></p> <p>You will receive an IV radioactive injection. When the IV is removed, you'll be given a return time by the technologist to come back approximately 3.5 hours later for pictures. Images will take approximately 1 hour.</p> <p>There are no side effects to this procedure and no restrictions for this test. Please wear clothing with no metal or beads.</p>
RBC Labeled Liver Scan	<p><b>This is a two part test.</b></p> <p>The first part of the test involves two injections given in your arm 30 minutes apart. You may leave the department and are to return a minimum of 2 hours later for imaging. Imaging will take approximately 1 hour. There are no restrictions for this test.</p> <p>Please wear clothing with no metal or beads.</p>
Resting Scan	You will receive a radioactive injection in your arm. Pictures will be taken 45 minutes later for 30 minutes. There are no side effects and no restrictions to this procedure. Please wear clothing with no metal or beads.
Routine Renal Scan	You will receive IV hydration for the first hour of your study. After hydrating, you will receive a radioactive injection. Pictures will be taken continuously for 1 hour. There are no side effects to this procedure. There are no restrictions for this test. Please wear clothing with no metal or beads.
Salivary Scan	You will receive a radioactive injection in your arm and asked to wait for 15 minutes. The first set of pictures will take approximately 20 minutes. Then you will be given something to stimulate your salivary glands and a second set of images will be taken for 45 minutes.
Sentinel Lymph Node Breast	If this is for surgery, follow any pre-op instructions given to you regarding preparation and/or restrictions. You will be asked to change into a gown and will receive a radioactive injection in each breast. Images are taken for approximately 1 hour. Please wear clothing with no metal or beads.



Sentinel Lymph Node Melanoma	If this is for surgery, follow any pre-op instructions given to you for preparation/restrictions. You will be asked to change into a gown and will then receive several radioactive injections around the area of interest. Images are taken for approximately 45 minutes to 1 hour.
Sestamibi Screen Whole Body	You will receive a radioactive injection in an arm vein. The technologist will give you a time to return for imaging approximately 1 hour later. When you return, images will be taken for 1.5 hours. There are no side effects to this procedure and no restrictions. Please wear clothing with no metal or beads.
Stress Only Cardiac Scan	<p><b>Prior to your test:</b> If you are taking a medication called Aggrenox, you must contact your doctor for instructions. You must not take Viagra, Cialis (Tadalafil), Adcirca (or other ED medications) for 48 hours prior to your test. You must not have any caffeine (caffeinated or decaffeinated) drinks including coffee, decaf coffee, tea, carbonated soft drinks, chocolate, or alcohol 24 hours prior to the time of your test.</p> <p><b>On the day of your test:</b> You may have a light breakfast including eggs but avoid other dairy products and the caffeinated products listed above. Please take your regular medications except the outlined restrictions above, and bring a list of your medications to your test. If you are diabetic, take your medication and/or insulin as required and please bring any required medication for the day e.g. puffers, nitro spray, afternoon medications. Wear cool, comfortable clothing and avoid tops with metal buttons or zippers; wear running shoes or comparable walking shoes. You will have an IV started in your arm and then undergo a stress test using the treadmill or a medication for those unable to exercise. During the test, you will be given an injection of a radioactive tracer. After the stress test images will be taken for 30 minutes.</p>
Tear Duct Scintigraphy	You will receive radioactive drops in your eyes. These drops do not have side effects. Images will be taken immediately for 1 hour. In some circumstances, the Nuclear Medicine Physician may ask that you return for more imaging. The technologist will arrange a return time for the scan. There are no diet or pharmaceutical restrictions for this exam.
Testicular Scan	You will receive a radioactive injection in an arm vein. Images will be taken immediately for 1 hour. You may be required to return for more pictures if the physician decides they are needed. The return time will be arranged with the technologist. There are no side effects to this procedure and no restrictions. Please wear clothing with no metal or beads.
Thallium Scan	This is a two-part test. You will be given an IV radioactive injection and asked to wait for 30 minutes in the waiting room. Images will then be taken for 45 minutes. The technologist will give you a return time for the second set of pictures approximately 4 hours later. You may leave the hospital for this break. The second set of images will also take approximately 45 minutes. There are no side effects to this procedure and no restrictions. Please wear clothing with no metal or beads.
Thyroid Aspiration	This is a biopsy of your thyroid gland to be arranged between your physician and the Nuclear Medicine Physician. If you are pregnant or breastfeeding please call 519-751-5599.



Thyroid Scan	<p>You MUST be off thyroid hormone replacement medications for 4 weeks prior to this study, and must not have had a CT scan with contrast dye for 3 months before this exam. A capsule or drink is given on the first day and you will return approximately 24 hours later for imaging. The technologist will give you a return time. On day two, the imaging takes approximately 45 minutes. There are no side effects to this procedure. Please wear clothing with no metal or beads. Please avoid kelp/seaweed in your diet for 4 weeks prior to this appointment.</p> <p><b>Medication restrictions are as follows:</b>          Thyroid Hormone medications must NOT be taken for 4 WEEKS prior to the exam, these include:          Thyroglobulin - Proloid          Levothyroxine - Eltroxin, Synthroid          Liotrix - Euthroid, Thyrolar          Thyroxine          Kelp and any Herbal Thyroid Medications</p> <p>Antithyroid Agents must NOT be taken for 7 DAYS prior to the exam, these include:          Methimazole - Tapazole          Propylthiouracil-PTU          Liothyronine - Cytomel</p>
Thyroid Treatment	<p>You will have a consultation with the Nuclear Medicine Physician and he/she will go over any risks, precautions and instructions. You will be given a radioactive iodine 131 treatment dose. This is usually in pill form. Please avoid kelp/seaweed in your diet for 4 weeks prior to this appointment. And you must not have had a CT scan with contrast dye for 3 months prior to this exam. Medication restrictions are as follows:</p> <p><b>Medication restrictions are as follows:</b>          Thyroid Hormone medications must NOT be taken for 4 WEEKS prior to the exam, these include:          Thyroglobulin - Proloid          Levothyroxine - Eltroxin, Synthroid          Liotrix - Euthroid, Thyrolar          Thyroxine          Kelp and any Herbal Thyroid Medications</p> <p>Antithyroid Agents must NOT be taken for 7 DAYS prior to the exam, these include:          Methimazole - Tapazole          Propylthiouracil-PTU          Liothyronine - Cytomel</p>
Venogram	<p>You will receive 2 radioactive injections through a vein in your foot. Pictures will be taken immediately for approximately 2 hours. There are no side effects to this procedure and no restrictions for this test. Please wear clothing with no metal or beads.</p>
VU Reflux	<p>A catheter will be inserted into the urinary bladder, which is filled with a radioactive fluid. Images are taken immediately for approximately 1.5 hours. There are no restrictions for this test. Please ensure your clothing has no metal or beads.</p>



WBC In S Marrow	<p>This is a test that takes the majority of the day, but you will be able to come and go throughout the test. You will need to return the next day for more pictures. This is a timed procedure, so please ensure you arrive on time. Eat a small meal or snack with fluids before arriving for your test. On the first day, the technologist will start an IV in your arm and draw some blood and then Provide a radioactive injection through the IV. You will be asked to wait for approximately 30 minutes. The first set of images usually takes 30 minutes. Once pictures are finished you may leave the hospital. The technologist will give you a return time (approximately 11:15am) when white blood cells will be reinjected through the IV. The IV will be removed and then you will be given another return time from the technologist for imaging approximately 3.5 hours later. This set of pictures will take approximately 1 hour. You will be asked to return for imaging the next day at a time specified by the technologist on day one. Second day imaging may take up to an hour. There are no side effects to this procedure and no restrictions. Please wear clothing with no metal or beads.</p>
WBC Indium Single Site or Whole Body	<p>This is a test that takes the majority of the day, but you will be able to come and go throughout the test. You will need to return the next day for more pictures. As this is a timed procedure, please ensure you arrive on time. Eat a small meal or snack with fluids before arriving for your test. On the first day, the technologist will start an IV in your arm and draw some blood. Then you may leave the hospital. You'll be given a return time by the technologist (approximately 11:15am) when white blood cells will be reinjected through the IV. The IV will be removed and then you will be given another return time from the technologist for imaging approximately 3.5 hours later. This set of pictures will take approximately 1 hour. You will be asked to return for imaging the next day at a time specified by the technologist on day one. Second day imaging may take up to an hour. There are no side effects to this procedure and no restrictions for this test. Please wear clothing with no metal or beads.</p>
WBC Single Site or Whole Body	<p>This is a test that takes the majority of the day, but you will be able to come and go throughout the test. As this is a timed procedure, please ensure you arrive on time. Eat a small meal or snack with fluids before arriving for your test. The technologist will start an IV in your arm and draw some blood. Then you may leave the hospital. The technologist will inform you when to return (approximately 11:15am). When you arrive back, white blood cells will be reinjected through the IV. Once the IV is removed you will be able to leave the hospital. The return time for images will be provided by the technologist and is usually 3.5 hours later. The second set of images takes approximately 1 hour. In some circumstances, the Nuclear Medicine Physician may ask that you return the following day for more imaging. There are no side effects to this procedure and no restrictions. Please wear clothing with no metal or beads.</p>
WBC Whole Body and SS Bone Marrow	<p>This is a test that takes the majority of the day, but you will be able to come and go throughout the test. As this is a timed procedure, please ensure you arrive on time. Eat a small meal or snack with fluids before arriving for your test. The technologist will start an IV in your arm and draw some blood, and then you'll receive a radioactive injection will be given through the IV. After waiting for 30 minutes, the first set of images will be taken, lasting 30 minutes. Once pictures are finished you may leave the hospital. The technologist will book a return time (approximately 11:15am) when the white blood cells will be reinjected through the IV. Once the IV is removed you may leave the hospital. A return time will be booked for the final set of images – usually 3.5 hours later. The second set of images takes approximately 1 hour. In some circumstances, the Nuclear Medicine Physician may ask that you return the following day for</p>



	<p>more imaging. There are no side effects to this procedure and no restrictions. Please wear clothing with no metal or beads.</p>
WBCSS TC Bone Marrow	<p>This is a test that will take most of the day to complete but you will be able to come and go throughout the test. This is a timed procedure, so please be on time. Eat a small meal or snack with and fluids before arriving for the test. The technologist will start an IV in your arm and draw some blood. You will receive a radioactive injection through the IV and will be asked to wait for approximately 30 minutes. The first set of images typically takes 30 minutes. Once pictures are finished you may leave the hospital. The technologist will inform you of a time to return (approximately 11:15am) to have the white blood cells reinjected through the IV. Once complete, the IV will be removed and you will be able to leave the hospital. The technologist will schedule a return time for the final set of images, usually 3.5 hours later. The second set of images takes approximately 1 hour. In some circumstances, the Nuclear Medicine Physician may ask that you return the following day for more imaging. There are no side effects to this procedure and no restrictions. Please wear clothing with no metal or beads.</p>
Whole Body Survey	<p>You MUST be off thyroid replacement medications for 4 weeks before participating in this study. Also, please avoid kelp/seaweed in your diet for 4 weeks before your appointment. You must not have had a CT scan with contrast dye for 3 months before this exam.</p> <p>On day 1, you'll be given either a capsule or drink and return approximately 24 hours later for imaging – the technologist will book a return time for you. The imaging on day two will take approximately 2 hours. There are no side effects to this procedure. Please ensure your clothing has no metal or beads.</p> <p><b>Medication Restrictions</b>          Thyroid Hormone medications must not be taken for 4 WEEKS before your exam including the following:          Thyroglobulin - Prolid          Levothyroxine - Eltroxin, Synthroid          Liotrix - Euthroid, Thyrolar          Thyroxine          Kelp and any Herbal Thyroid Medications</p> <p>Antithyroid Agents must not be taken for 7 DAYS before your exam, these include the following:          Methimazole - Tapazole          Propylthiouracil-PTU          Liothyronine - Cytomel</p>

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**Commented [DM3R1]:** Is this the same for every patient? If not, recommend the reference be removed.

**Commented [WN4R1]:** It's the same for all the WBC studies only. Yes it is consistent as the schedule is built around it.