



## **PROCEDURE PREPARATION INSTRUCTIONS**

### **Preparation for Bone Densitometry Scanning (DEXA)**

- Unless instructed otherwise, eat normally on the day of the exam; but avoid taking calcium supplements for at least 24 hours prior to your appointment.
- Wear loose, comfortable clothing. Sweat suits and other casual attire without zippers, buttons, grommets or any metal are preferred.
- You should not have had a barium study, radioisotope injection, oral or intravenous contrast material from a CT scan or MRI within seven days prior to your DEXA test.

### **Preparation for X-ray Examinations**

- **Intravenous Urogram (IVP)**
  1. Swallow four (4) DULCOLAX tablets at 6:00 P.M. on the night before the day of examination.
  2. Only liquids allowed for meal preceding examination.
  3. Insert one (1) DULCOLAX suppository in rectum one to two hours before exam and retain for 15-20 minutes.
- **Upper Gastro-Intestinal Series (Upper GI) or Barium Swallow (Esophogram)**

Nothing to eat or drink from midnight until exam.
- **Barium Enema (BE)**

The Day Before The Appointment

  1. Have a light breakfast.
  2. Have clear liquids for lunch and dinner. Clear liquids include clear broth, tea, carbonated beverages, or Jello (no red).

Do not eat solid foods or milk products.

  3. At 1:00, 3:00, 7:00, 10:00 pm, and at bedtime drink 8 ounces (1 glass) of clear liquid in addition to the liquid diet.
  4. At 6:00 pm take 4 Bisacodyl Tablets.

### The Day of Your Appointment

1. At least one hour before leaving for your examination, take a Fleet Enema.

Wait 15 minutes before having a bowel movement.

### **Preparation for Ultrasound Examinations**

- Pelvic - Finish drinking one quart (32 ounces) non-carbonated liquid (water, juice, DE-caffeinated coffee or tea, etc.) 45 minutes prior to exam. Do not urinate.
- Obstetrical - Same as above.
- Endovaginal Exams - same as Pelvic. Endovaginal exam will be done after the Pelvic study is completed and you have urinated.
- Abdominal - Clear liquid only if patient has to take medication; otherwise nothing to eat or drink after midnight or 8 hours prior.
- Gall Bladder - Same prep as Abdominal.
- Aorta - Same prep as Abdominal.
- Kidneys, Vascular, Thyroid, Scrotum - No preparation needed.

### **Preparation for Digital Mammography**

To help minimize discomfort during your mammography, schedule your mammogram for one week after your period when breasts are less tender.

- Bring your previous mammogram films with you, or bring a list of where and when you had previous mammograms with you to your appointment.
- On the day of the examination, do not wear powder, deodorant, lotion or perfume under your arms or on your breasts. These substances can cause artifacts on your mammogram making the images harder to interpret.
- Wear a two piece outfit so that you only have to remove your top and bra for the examination: a blouse which buttons in the front is optimal since it can be easily removed, while pullover tops are less convenient.

### **Preparation for CT Examinations**

- CT Sinus - No prep.

- CT Angiography - Follow 1 & 2 below.
  - CT Urography - Follow 1 & 2 below.
  - Kidney Stones - No prep.
  - Head Without Contrast - No prep.
  - Head With Contrast - Follow 1 & 2 below.
  - Spines (Cervical, Thoracic, Lumbar) - No prep.
  - Abdomen and Pelvis - Follow 1 & 3 below.
  - Chest, Abdomen & Pelvis - Follow 1 & 3 below.
  - Chest Only - Follow 1 & 2 below.
  - Neck - Follow 1 & 2 below.
  - Extremities - No prep.
1. No solid food four hours before exam.
  2. Drink 16 ounces of water one hour prior to exam. Patient may void.
  3. Instructions for taking Readi-CAT 2 (450ml):
    - Drink 1 full bottle, 3 hours before your appointment.
    - Drink 2nd full bottle, 1 hour before your appointment.
    - CT Weight Limit: 400 lbs.

### **Preparation for MRI Examinations**

- Wear loose, comfortable clothing. Sweatpants and sneakers are preferred. It is important not to wear clothing with metal zippers, buttons or snaps since no metal is allowed in the MRI exam room.
- Please ensure that your pockets are empty.
- Safety pins, straight pins, metal hair pins, eyeglasses, hearing aids, removable dental work and all jewelry must be removed before entering the room.
- Please alert the technologist if you have metal in your body including surgical staples, plates, pins, screws or if you have ever worked with metal.
- MRI Weight Limits: 300 lbs.