

## **Procedure Preparations**

### **MRI**

MRCP – Nothing by mouth for three hours prior to exam time.

All other MRI exams – No prep necessary.

MRI uses strong magnets, so you'll be asked to remove your watch, jewelry, and other metal objects. Some makeup also contains traces of metal, so you may have to remove that, too. Braces and fillings normally aren't a problem.

### **X-Ray**

There is no prep necessary for a plain film x-ray exam. You may be asked to remove your watch, jewelry, or garments with metal closures from the part of your body being imaged.

*Let the technologist know if you may be pregnant.*

### **CT Scan**

Your test may require that you be injected with contrast (an iodine contrast material that enhances the image). We need to know if you have any known history of previous reaction to iodine contrast. *Let the technologist know if you may be pregnant.*

CT Abdomen and/or CT Pelvis - *You must come in to pick up a prep kit at least two days before your exam date.*

### **Ultrasound**

*Pregnancy or Pelvic Ultrasound*

You are being prepared for an ultrasound exam that requires you to have a full bladder and nothing to eat or drink after midnight. To ensure best results, please follow these instructions: Two hours before exam time, empty your bladder. Do not urinate again until your exam is complete. Immediately after your last urination, begin drinking 1.5 quarts of liquid (no milk or dairy products) – drink at a rate that is comfortable for you. Please remember not to urinate until after your ultrasound exam is completed!

### **Nuclear Medicine**

You may be told not to eat, drink, or take certain medications before your scan. You will be asked to remove metallic objects, such as jewelry. You will be given a small amount of radioactive tracer. It is most often injected, but it may be swallowed. You may need to wait a few minutes or hours before having your scan in order for the tracer to concentrate in the part of your body being studied. In the case where you will be imaged several hours later, you may leave and return later that day.

### **PET (Positron Emission Tomography)/CT Fusion Scanning**

Do not eat or drink anything except water for four to six hours before your exam because it could interfere with the results. Do not even chew gum, eat candy, or use cough drops. If you take medications, drink only enough plain water to swallow them. If you've been advised not to take your medications on an empty stomach, eat nothing more than a few soda crackers within four to six hours of your exam. If you are diabetic, let us know ahead of time so that we can work with your physician to determine the safest possible way for you to prepare for your exam.

**Mammogram**

Please do not wear any perfumes, lotions, creams, deodorants or powders under your arms or breasts. If your most recent prior mammogram was performed elsewhere, you will need to obtain those films and reports prior to your exam to have available for comparison.

**Bone Density (DEXA Scan)**

Do not take calcium supplements 24 hours prior to your exam.

**Small Bowel Series**

Nothing to eat or drink after midnight the night before.

**Upper G.I. or Esophogram**

If your appointment is before 1:00 p.m. - Nothing to eat or drink after midnight the night before.

If your appointment is after 1:00 p.m. - Clear liquids only from midnight the night before until 10:00 a.m. the day of your appointment, and nothing by mouth after 10:00 a.m. on the day of your exam.

**Barium Enema**

A barium enema requires thorough cleansing of your colon. It is important that you drink plenty of clear liquids during the prep and follow all instructions. *You must come in to pick up a prep kit at least three days before your exam date.*

**IVP (Intravenous Pyelogram)**

Your test requires that you be injected with contrast (an iodine contrast material that enhances the urinary tract). *Let the technologist know if you may be pregnant.*

If your appointment is before 1:00 p.m. - On the day before your exam, clear liquids only. Examples of clear liquids include coffee, tea, soda, water, gelatin, broth, hard candy, sports drinks (such as Gatorade), popsicles, and juice without pulp.

If your appointment is after 1:00 p.m. - On the day before your exam, you may have a light breakfast before 10:00 a.m. Following 10:00 a.m., clear liquids only. Examples of clear liquids include: coffee, tea, soda, water, gelatin, broth, hard candy, sports drinks (such as Gatorade), popsicles, and juice without pulp. At 2:00 p.m., take 2 oz. (4 Tbs.) castor oil or one full bottle of citrate of magnesium. Continue on a clear liquid diet only until appointment time. *It is important that you drink at least one cup of liquid every two hours that you're awake – the more you drink, the better the exam will be.*