

Preparations for Examinations

IVP

Day before the exam:

- Purchase two Dulcolax tablets from your pharmacy.
- Take two Dulcolax tablets with large glass of water (8 ounces) at 4pm.
- Eat a normal dinner.

Day of the exam:

- Have a liquid breakfast. Avoid carbonated beverages.

Upper GI w/air w/o air & Upper GI & Small Bowel

Day before the exam:

- Eat a normal dinner.
- NO SOLID FOOD AFTER 10pm
- Do not eat or drink anything after midnight.

Barium Swallow/ Esophagus

Day before the exam:

- Eat a normal dinner.
- NO SOLID FOOD AFTER 10pm
- Do not eat or drink anything after midnight.

Small Bowel Follow Through

Day before the exam:

- Eat a normal dinner.
- NO SOLID FOOD AFTER 10pm
- Do not eat or drink anything after midnight.

Barium Enema w/air w/o air

Day before exam:

Purchase one 10oz. bottle of Magnesium Citrate, two Dulcolax tablets and one suppository from your pharmacy.

8:00am Clear liquids for breakfast, lunch and dinner.

NO MILK, CREAM OR CARBONATED BEVERAGES

5:00pm Drink one large (8oz.) glass of water.

6:00pm Drink entire contents of bottle of Magnesium Citrate.

7:00pm Drink one large (8oz.) glass of water.

8:00pm Take two Dulcolax tablets with a large (8oz.) glass of water.

9:00pm, 10:00pm and Bedtime Drink one large (8oz.) glass of water.

Day of the exam:

- NO BREAKFAST! You may drink clear liquids.

Two hours before the exam:

- Drink one large (8oz.) glass of water.
- Insert one suppository into rectum.
- Wait 10-15 minutes before going to the bathroom.

Ultrasound Abdomen, Ltd.: GB, Liver, Pancreas

Ultrasound Abdomen, Complete

- NOTHING to eat or drink for 8 hours prior to exam.
- You may take medication with sips of water.

Ultrasound OB 1st Trimester (<14 weeks)

- Drink four glasses of clear liquids (8 ounces each for a total of 32 ounces)
 - Finish drinking the clear liquids 1 hr before your scheduled appointment.
- DO NOT EMPTY YOUR BLADDER.

Ultrasound Bladder/Pelvic/Prostate

- Drink four glasses of clear liquids (8 ounces each for a total of 32 ounces)
- Finish drinking the clear liquids 1-1/2 hr before scheduled appointment.
- DO NOT EMPTY YOUR BLADDER.

Ultrasound Aorta/Renal

- Nothing to eat or drink 6 hours prior to exam.
- You may take medications with sips of water.

CT Abdomen

CT Abdomen and Pelvis

CT Abdomen w/Liver Triple Phase

CT Chest, Abdomen and Pelvis

Important Note:

- You should have NO Barium studies for at least 3 days before your exam.
- You **can not** have anything to eat for 3 hours prior to your scan.
- You **may** take your medications and you **may** have clear fluids.

CT Chest, Head or Neck – CTA

CT Chest for Pulmonary Embolus- Aortic Dissection

CT Renal Stone Search

- You should have no solid food for 3 hours prior to your scan.
- You may take your medications and drink fluids.
- Avoid carbonated beverages.

MRI Abdomen/MRCP

- No solid food for 4 hours prior to the appointment.
- You may take your medications and you may have clear fluids.
- Drink extra water the day before the test and the day of the test.

Weight Limits: MRI 500 lbs. CT 450 lbs.
 X-ray 350 lbs. DEXA 350 lbs.



PET/CT

Certain PET/CT procedures require special instructions to prepare you for the test. The imaging facility will provide instructions to follow during your scheduling phone call.

If you've had prior imaging related to your test please obtain CD/report and bring to your appointment.

A. Non-Diabetic Patients

- Nothing to eat or drink (except water) 6 hours prior to your appointment.
- You are encouraged to **drink plenty of water** the night prior and day of your test.
- Eat a low carbohydrate, low sugar diet the night prior and/or day of your appointment.
 - Common foods to avoid: bagels, pancakes, cereals, pasta, breads, cakes, candy, etc.
- Do not chew gum or suck on hard candy, mints, etc. 6 hours prior to your appointment.
- Medications as prescribed may be taken 6 hours prior to the test.
- No strenuous activity or exercise the night prior and/or day of your appointment.
- Wear warm, comfortable clothing.

B. Diabetic Patients

- Nothing to eat or drink (except water) 6 hours prior to your appointment.
- You are encouraged to **drink plenty of water** the night prior and day of your test.
- Eat a low carbohydrate, low sugar diet the night prior and/or day of your appointment.
 - Common foods to avoid: bagels, pancakes, cereals, pasta, breads, cakes, candy etc.
- Do not chew gum or suck on hard candy, mints, etc. 6 hours prior to your appointment.
- No strenuous activity or exercise the night prior and/or day of your appointment.
- Wear warm, comfortable clothing.
 - **Fasting glucose must be less than 200 mg/dl at the time of the appointment.**
 - **Please provide your typical glucose levels during the scheduling call.**
 - **Non-diabetic medications may be taken 6 hours prior to the test.**
 - **Insulin and diabetic medications will be reviewed during your scheduling phone call. You will receive instructions depending on your medications and your typical glucose levels. Please have a medication list available.**

You will receive a confirmation call the day prior to your appointment.

Please call 609-380-4175 if you have any questions.