

Ask all patients having an MRI exam:

- **Weight:** The table limit is 400 lbs.
- **We do not perform MRI exams on patients with a pacemaker, cardiac defibrillator, or intracranial aneurysm clips.**
- **History of cancer:** IV contrast is injected on spine exams for patients who have a history of cancer within the past 10 years.
- **Prior surgeries:** Will need to be Post-Op 8 weeks. Patients need to bring documentation (heart, aneurysm, ear and eye implants).
- **Worked around metal:** If patient has had any history of metal inflicted into the orbital region. An x-ray of the orbits is needed for clearance before the MRI exam is to be performed.
- **Insulin pump:** The patient needs to correlate with their physician to verify if they are okay to be without insulin for an hour time period and also to correlate a time after the exam to have the insulin pump reset.
- **MRI Pelvis and Abdomen requires:** Nothing to eat or drink for 8 hours prior to the scan.
- **All patients having a MR contrast exam will be screened appropriately.** Creatinine/eGFR is to be obtained for patients at risk for reduced renal function including the following:
 - Age ≥ 60 years
 - History of multiple myeloma
 - History of renal disease, renal transplantation, renal carcinoma
 - History of liver transplantation, hepato-renal syndrome
 - History of sickle cell anemia
 - Diabetes
 - History of hypertension requiring medical therapy
- **Creatinine need to be drawn within 30 days of the exam date.**
- **MRI Small Bowel Enterography requires:** The patient should have nothing to eat or drink for a minimum of 4 hours prior to the exam. The Volumen barium can be obtained from our office at #70 Doctors' Park

CT PREPARATIONS

CT Arteriogram (Aorta, Renal, Carotid, Circle of Willis, Other)

- Nothing to eat or drink for a minimum of 3 hours prior to exam.

CT Head without and with Contrast

CT Soft Tissue Neck

CT Chest with Contrast

- Nothing to eat or drink for a minimum of 3 hours prior to exam.

CT Small Bowel Enterography

- Nothing to eat or drink for a minimum of 4 hours prior to exam.
- Volumen barium can be obtained from our office at #70 Doctors' Park.

CT Urogram:

The patient should have nothing to eat or drink for a minimum of 3 hours prior to exam. The patient should drink 16 oz. of water 1 hr. prior to the exam.

CT Abdomen without and with Contrast

CT Pelvis without and with Contrast

- Nothing to eat or drink for 8 hours prior to exam.
- The patient must drink 2 bottles of barium prior to scan.
- Please drink the first bottle of barium 2 hours prior to exam.
- Please drink half of second bottle of barium 30 minutes prior to your exam and bring remaining half bottle with you to your exam. (*Barium is an oral contrast that can be obtained from the referring physician or at our office at #70 Doctors' Park.*)

PATIENT PREPARATION PRECAUTIONS:

- **All patients having a CT contrast exam will be screened appropriately.** Creatinine/eGFR is to be obtained for patients at risk for reduced renal function including the following:
 - Age ≥ 60 years
 - History of multiple myeloma
 - History of renal disease, renal transplantation, renal carcinoma, renal nephrectomy
 - History of liver transplantation, hepato-renal syndrome
 - History of sickle cell anemia
 - Diabetes
 - History of hypertension requiring medical therapy
- **Creatinine need to be drawn within 30 days of the exam date.**
- **Insulin Dependent** patients whose preparation requires them to be **NPO** should receive any modifications on their medication from their referring physician.
- **Diabetic patients taking Glucophage** that receive IV contrast should follow these recommendations:
 - **Discontinue medication** immediately after the examination and for a time period of up to 48 hours.
 - The patient must contact their referring physician immediately after their CT exam to receive directions on when to restart the Glucophage.

All Non – IV Contrast Examinations require No Special Preparation.

ULTRASOUND PREPARATIONS

Limited Upper Abdomen

Complete Upper Abdomen

- No carbonated beverages the evening prior to the exam.
- A FAT-FREE DIET the evening prior to the exam.
- Nothing to eat or drink for 8 hours
- May have 1 - 2 glasses of water if desired that evening.

Duplex Scan of the Aorta requires:

- The patient should not consume carbonated beverages the evening prior to the exam.
- The patient should have nothing to eat or drink after midnight prior to the exam.

Retroperitoneal (KIDNEYS)

- Nothing to eat or drink for 8 hours
- The day of exam patient must drink 16 oz. of water 3 hours before exam and hold bladder 2 hours before exam.

NOTE: If the patient is scheduled to have a CYSTO procedure, then the preparation should come from the referring physician's office.

VASCULAR Doppler (CAROTID)

- No caffeine or stimulants on the day of the exam.

Transvaginal Ultrasound

- Patient must have an empty bladder.
- Void as much as possible.

Pelvis

A patient scheduled for an **AM** appointment:

- Patient needs to have **completed drinking at least 48 oz. of fluid 45 minutes before** the scheduled procedure and should not void.
NOTE: Patient must eat a full FOOD breakfast and not a snack.

Pelvis cont.

A patient scheduled for an **PM** appointment:

- Patient needs to have **completed drinking at least 48 oz. of fluid 45 minutes before** the scheduled procedure and should not void.
NOTE: Patient must eat a full FOOD breakfast and lunch.
- You **MUST have a FULL BLADDER by your appointment time.**
NOTE: Any fluids the patient drinks with meals should NOT be considered part of the required amount for the exam. Fluids that you drink must be WATER, TEA, JUICE, or COFFEE, NOT milk or soda.
NOTE: Patients with a history of Gastric Bypass: The exam should be scheduled late in the day to allow the patient to follow preps. The patient should eat several small meals all day. The patient should drink water all day and at least 3 hours prior to hydrate the body. The patient can empty half of the bladder but continue to drink 1 hour before the exam and hold bladder.

Obstetrics

First Trimester – Follow the preparation for a Pelvis.

Second and Third Trimester – Follow the preparation for a Pelvis, change the amount of fluids to 30 oz.

Renal Artery for Stenosis

- The patient should not consume carbonated beverages the evening prior to exam
- The patient may drink water until midnight, then should be NPO (nothing by mouth) after midnight.
- The patient needs to eat a FAT-FREE DIET the evening prior to the exam.

Abdomen for Pyloric Stenosis on Infants: The patient should have nothing to eat or drink 2 hours prior to the exam.

Cyst Aspiration & Wire Localizations:

- We must have images and report from previous mammograms and ultrasounds to technologist at least 3 days in advance.
- Patient must have a driver for this exam.
- No blood thinners or aspirin 48 hours prior to exam.

Breast, Thyroid, Scrotum, Vascular Doppler (Venous) – Require NO Special Preparation.

MAMMOGRAPHY PREPARATIONS

Screening Mammography

Diagnostic Mammography

Wire Localization

Do not wear any deodorant, body powders, or body lotions, and wear a two-piece outfit. We will need any previous mammography films.

Wire Localization patients must have films sent prior to their appointment and patients should follow surgical preparation guidelines.

BONE DENSITY PREPARATIONS

- Eat a normal diet on the day of the test.
- Take your medications as you normally would.
- **DO NOT** take calcium supplements for 24 hours before the test.

FLUOROSCOPY PREPARATIONS

Barium Swallow

- Nothing to eat or drink for 4 hours.
(However this exam can be performed as a walk-in procedure.)

Barium Enema

Air Contrast Barium Enema

- Nothing to eat or drink for 8 hours prior to the exam.
- The referring physician's office will give the patient instructions for a bowel prep kit that can be obtained from a pharmacy with the referring physician's order.

Upper GI, Upper GI with Small Bowel Series, Small Bowel Series

- Nothing to eat or drink for 8 hours.

Hysterosalpingogram

- No preparation is necessary.