

# EXAM PREPS

*For your appointment - Please read carefully.*

## **ULTRASOUND**

### **ABDOMEN**

PREP - Eat a fat-free diet\* the day before your exam. Nothing to eat or drink after midnight on the day of the exam.

\*visit: [www.MyDINW.com](http://www.MyDINW.com) for our fat-free menu guideline under our new Patient Resources Section

### **PELVIS**

PREP - Finish drinking 32oz. of water (no other fluids) 1 hour prior to the examination and hold your bladder. There are no food restrictions for this examination. No deodorant, perfume or powder.

### **BREAST**

PREP - You will be asked to remove your bra and wear a patient gown.

### **OBSTETRICAL**

PREP - For 1<sup>st</sup> trimester drink 32 oz. of water only (no other fluids) 1 hour prior to scheduled examination and hold your bladder.

For 2<sup>nd</sup> trimester drink 16 oz. of water only (no other fluids) and hold your bladder.

For 3<sup>rd</sup> trimester - No Prep.

### **RENAL**

PREP - Drink 16 oz. or two glasses of water only (no other fluids). Time drinking this so that you are finished 30 minutes prior to your appointment and hold your bladder.

## **MAMMOGRAPHY**

PREP - No powders, deodorants or perfumes. You will be asked to remove your bra and wear a patient gown.

## **BONE DENSITOMETRY**

PREP - No calcium supplements taken the day of the exam and no metal zippers or buttons on clothing.

## **CT - Creatinine level may be required on Contrast exams.**

### **ABDOMEN / PELVIS**

PREP - Pick up two bottles of oral contrast from our imaging center. Your provider may have them to give to you. Follow directions on the bottles. No solid foods after ingestion of 1<sup>st</sup> bottle of contrast. Clear liquids up to 2 hours before the procedure. The exam may require an injection of contrast material in addition to the prep.

### **WITHOUT Contrast**

No Prep required, wear comfortable clothing.

### **WITH Contrast**

PREP - No solid foods 4 hours prior to exam. Clear liquids only 2 hours prior to exam.

## **MRI - Creatinine level may be required on Contrast exams.**

### **ALL STUDIES**

PREP - No metal items may be worn during procedure including: PACEMAKERS, watches, wallets, keys, piercing(s), bras, etc. May require scout film of eyes.

### **WITHOUT Contrast**

No Prep required, wear comfortable clothing.

### **WITH Contrast**

PREP - No solid foods 4 hours prior to exam. Clear liquids only 2 hours prior to exam.

## **FLUOROSCOPY**

PREP - Contact 253-841-4353 for exam-specific prep instructions.