

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.

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.

BREAST

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

OBSTETRICAL

PREP - For first trimester only finish drinking 32oz. of water only (no other fluids) 1 hour prior to scheduled examination and hold your bladder.

For 2nd trimester drink 24 oz. of water only (no other fluids) and hold your bladder.

For 3rd trimester drink 16 oz. of water only (no other fluids) and hold your bladder.

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.

C.T.

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 4 hours prior to your appointment. Clear liquids up to 2 hours before the procedure. The exam may require an injection of contrast material in addition to the prep.

CHEST

PREP - May have clear liquids up to 2 hours before the examination. May require an injection of contrast material.

HEAD

PREP - No Prep needed.

MRI

SPINE (Cervical, Thoracic, Lumbar)

PREP - No metal items may be worn during procedure including: PACEMAKERS, watches, wallets, keys, piercing(s), bras, etc. In case of a history of surgery on any portion on the spine, may require an injection of contrast material.

BRAIN (MRA – angiograms)

PREP - No metal items may be worn during procedure including: PACEMAKERS, watches, wallets, keys, piercing(s), bras, etc. May require an injection of contrast material.

EXTREMITIES (KNEE, ANKLE, FEET, WRIST, ELBOW)

PREP - No metal items may be worn during procedure including: PACEMAKERS, watches, wallets, keys, piercing(s).

ABDOMEN (LIVER, MRCP)

PREP - No metal items may be worn during procedure including: PACEMAKERS, watches, wallets, keys, piercing(s), bras, etc. Nothing to eat or drink 4 hours prior to procedure. May require an injection of contrast material.

FLUOROSCOPY

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