P.E.T. (Positron Emission Tomography)

Digital Mammogram
DAY OF EXAM: Do not wear deodorant, talc powder, body lotion, body oil or glitter.

Intravenous Pyelogram (IVP)
DAY BEFORE EXAM: Nothing to eat or drink after midnight. (Wait until after exam to take any daily medication.)

Barium Enema Examination (Colon)
1. DAY BEFORE EXAM: Clear liquids at noon and supper meals. Eat no solid food.
   Drink six 8-ounce glasses of water between 1:00pm and 9:00pm.
   At 5:00pm drink one bottle of Citrate of Magnesia (10 ounces).
   At 8:00pm take two Biscodyl (Dulcolax) pills.
2. DAY OF EXAM: Insert one Biscodyl (Dulcolax) rectal suppository upon arising.
   No solid food. May have coffee, water or juice until 1 hour prior to exam.

Upper GI Series (Stomach)
DAY BEFORE EXAM: Nothing to eat or drink after midnight. (Wait until after exam to take any daily medication.)

Ultrasound
ABD, GB, PANCREAS, LIVER, or AORTA – EVENING BEFORE EXAM: Nothing to eat or drink after 10:00 pm.
BREAST: DAY OF EXAM—Do not wear deodorant, talc powder, body lotion, body oil glitter.
KIDNEY: (Renal) - Do not empty bladder 1 1/2 hours (90 minutes) before exam.
PELVIS AND OBSTETRICAL:
1. Pelvis—under 18 years of age: 1 HOUR BEFORE EXAM drink 32 oz. of water. Do not empty bladder. Otherwise no special instructions.
2. OB—No special instructions.
VASCULAR ULTRASOUND: 1 HOUR BEFORE EXAM, No smoking or exercise.
LIVER OR RENAL DOPPLER: DAY BEFORE EXAM: Nothing to eat or drink after 10:00 pm the night before.

CT Exam (Please bring any previous CT films if available)
Most CT Abdomen and CT Pelvis exams will require patient to drink an oral contrast solution*
CT ABDOMEN ONLY
Arrive 1 hour before exam to drink oral contrast* Nothing to eat or drink 4 hours prior to exam.
CT PELVIS ONLY
Nothing to eat or drink 4 hours prior to exam. Arrive 2 hours before exam to drink oral contrast*
CT ABDOMEN AND CT PELVIS
Nothing to eat or drink 4 hours prior to exam. Arrive 2 hours before exam to drink oral contrast*
*NOTE: You may pick up contrast from our office the day before your exam and drink at home. Our oral contrast is sugar-free.
Diabetic patients may drink some juice if necessary 1 hour before drinking oral contrast.
OTHER CT EXAMS NO SPECIAL INSTRUCTIONS

Nuclear Medicine Exam
112THYROID SCAN / UPTAKE:
1. FOR 6 WEEKS BEFORE EXAM: No intravenous radiographic contrast.
2. FOR 6 WEEKS BEFORE EXAM: No Synthroid.
3. FOR 4 WEEKS BEFORE EXAM: No Iodine containing vitamins or diet supplement.
4. FOR 2 WEEKS BEFORE EXAM: No anti-thyroid medications (desiccated thyroid, PTU).
HEPATOBILIARY SCAN: No food or drink ON DAY OF EXAM.
Bone and other scans: A Nuclear Medicine Specialist will call with specific instructions regarding your appointment.

MRI / MRA Exams
If you are not contacted by our MRI Department by 2:00 pm THE DAY PRIOR to your appointment, please call 361-887-7000 for instructions.
Wear cotton under garments; all patients will be asked to change into exam gown.

DXA
Patient MUST hold all calcium, vitamin D and multi vitamins
48 hours (full 2 days) prior to exam.
Wear metal free garments preferred (ie. underwire bra, grommets on jeans, zippers, etc.)