

P.E.T. (Positron Emission Tomography)

Please call 561-3117. Ask P.E.T. scheduler for instructions.

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 10:00pm.

BREAST: DAY OF EXAM—Do not wear deodorant, talc powder, body lotion, body oil or 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

¹²³I THYROID 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.)