

## **Patient Preparation Instructions**

Please follow these instructions unless your physician has indicated otherwise

### **M.R.I. / M.R.A.**

1. You may eat and drink normally, no preparation needed.
2. If on pain medication, please take 30 minutes prior to exam.

### **C.T.**

#### **Abdomen**

1. Do not eat or drink after 12:00 midnight the night before the exam.
2. Arrive 1 hour prior to the exam

#### **Abdomen/Pelvis**

1. You must be NPO (nothing to eat or drink) for at least 8 hours before your test.
2. You will have (1) one bottle of CONTRAST which you will drink 3 hours prior to your appointment time.
3. You will have another bottle of CONTRAST which you will drink 2 hours prior to your appointment time.
4. Remember, you cannot eat or drink anything else once you have started your CT prep.
5. You may take medication the day of your exam as long as you take it before you start your CT prep.
6. Please be at your appointment 30 minutes prior to your scan time.
7. You will receive your third drink at that time.

#### **Chest and Brain**

1. Do not eat or drink anything 4 hours prior to the exam.

#### **All New CT Patients**

1. Should fill out a new contact information sheet.

### **ULTRASOUND**

#### **GB, Liver, Pancreas, Retroperitoneal Space, Abdomen, Aorta**

1. Nothing by mouth after midnight.

#### **Pelvic – OB or Non OB**

1. Drink 4 to 6 large glasses of water or other fluid one hour before exam. **NO NOT USE THE RESTROOM.** You must have a full bladder.

### **MAMMOGRAPHY**

1. Do not wear any powder or deodorant under the arms or near the breast area.
2. If possible, bring old films with you to the exam.

## **GASTROINTESTINAL SERIES (GI) AND/OR SMALL BOWEL**

1. Nothing by mouth (including smoking or chewing gum) after midnight the night before your exam.

## **INTRAVENOUS PYELOGRAM OR NEPHROTOMOGRAPHY**

1. Nothing by mouth after midnight the night before your exam.

## **BARIUM SWALLOW / ESOPHAGRAM**

1. Nothing by mouth (including smoking or chewing gum) after midnight the night before your exam.

## **BARIUM ENEMA / COLON**

### **The day before your exam:**

1. Pick up exam prep "evac.-u-kit" at Advanced Imaging Center, Building 800.
2. Follow instructions contained in kit.
3. Nothing by mouth after midnight the night before your exam.

## **IVP AND BARIUM ENEMA COMBINATION**

1. Nothing by mouth (including smoking or chewing gum) after midnight the night before your exam.

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Tealbrooke Professional Center**  
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