

# THE FOLLOWING EXAMINATIONS REQUIRE PRE-EXAM PREPARATION

*Please call our office regarding restrictions on prescription medications.*

**FAILURE TO FOLLOW THESE INSTRUCTIONS MAY RESULT IN YOUR EXAM BEING RESCHEDULED**

## MAGNETIC RESONANCE IMAGING (MRI)

All Tests Please arrive 30 minutes prior to appointment.  
Wear comfortable clothing without metal. Do not wear make up.

## COMPUTERIZED TOMOGRAPHY (CT SCAN)

Joints and Extremities  
Cervical, Thoracic or Lumbar Spine  
Sinuses or Facial Bones Wear comfortable clothing without metal.  
CT Scans with Contrast require recent BUN and Creatinine levels on patients with Diabetes or if over 60 years of age.

Brain, Soft Tissue of the Neck, Chest Nothing by mouth 4 hours before the examination.  
Patient may take medications with a small amount of water.

Abdomen, Pelvis Nothing by mouth 4 hours before the examination. Patient may take medications with a small amount of water.

## NUCLEAR MEDICINE

Bone, Breast, Liver Spleen, Testicular, MUGA No preparation required

Gallbladder CCK, Stress EKG Nothing by mouth 4 hours before the examination

Renal with or without Lasix Drink 32 ounces of fluid 30 minutes prior to examination

Renal with Captopril Stop taking ACE inhibitors 48 hours prior to exam. Drink 32 oz of fluid 30 minutes prior to exam.

Thyroid Uptake and Scan Stop taking thyroid medications for 6 weeks if possible. Nothing by mouth morning of exam.  
No Iodine 6 weeks prior to exam (includes Amidoarone).

Thyroid Scan Only Nothing by mouth morning of exam.

Nuclear Stress (Treadmill & Persantine)  
(EXAM TAKES 3 TO 4 HOURS) No caffeinated products as well as decaffeinated products 12 hours prior to exam,  
Nothing by mouth 4 hrs prior to exam (*Diabetic* patients may have a light meal 2 hrs prior to exam).  
Do not smoke the day of your exam. Ask your physician which medications you must stop taking  
(bring all medications with you). Wear comfortable shoes and clothing to the exam.

## ULTRASOUND

OB, Pelvic, Pelvic Transvaginal,  
Urinary Bladder Drink 32 ounces of water. Complete drinking water 1 hour prior to examination.  
DO NOT URINATE UNTIL AFTER EXAMINATION IS COMPLETE.

Abdomen, Aorta,  
Single Organ, Soft Tissue No fluids or food for 8 hours before the examination.  
No Barium studies 48 hours before the examination.

Abdomen & Pelvic (double test) No food 8 hours before the examination.  
Finish drinking 32 ounces of water 1 hour before the examination.

Breast Bring most recent mammography films or information of where last mammogram taken.

Echocardiography, Thyroid  
Carotids, Extremities No preparation required.

Renal (Kidney) No preparation required.

Transrectal Prostate A Fleet Enema is required 1 hour prior to exam (available at most drug stores).  
Please bring most recent PSA level from your doctor.

Pre Post Void Bladder Finish drinking 32 ozs of water 1 hour prior to exam. Do not urinate until after exam is complete.

Stress Echo Ask your physician which medications you must stop taking (bring all  
medications with you). Wear comfortable shoes and clothing to the exam.

## RADIOLOGY

All plain film X rays and Dexa Scan Wear comfortable clothing without metal.  
Dexa - No calcium supplements / vitamins the day of the exam.

- \* Diabetic patients must stop taking Glucophage the day of the CT exam and 48 hours after the exam.
- All patients must bring their most recent x-rays, ultrasound reports and or films pertaining to the exam.

### Patients Please Note:

**Your insurance company may require a pre-authorization number or written referral. Please contact your physician prior to your exam regarding this. Obtaining all required insurance information prior to the exam is your responsibility. Without complete information, your exam will not be performed.**

**Please bring your insurance cards and Drivers License with you for your appointment.**

**Bring this form with you on the day of your exam.**