

Patient Exam Preparation Instructions:

Diagnostic Services:

- Bone Densitometry
- CT (Computed Tomography)
- General Radiology including Fluoroscopy
- Mammography (both analog and full field digital mammography)
- MRI (Magnetic Resonance Imaging) including MRI Breast and MRI Breast Biopsy
- OPEN MRI
- Nuclear Medicine
- Stereotactic Breast Biopsy
- Ultrasonography including vascular

*note: It is very important to let your doctor and our staff know if there is a chance you may be pregnant before your scheduled examination.

BONE DENSITOMETRY:

Bone densitometry provides a way to measure the calcium content of bones to detect osteoporosis. Please avoid taking calcium supplements for at least 24 hours prior to the examination.

CT SCAN:

A CT scan is a special type of x-ray that lets the radiologist see detailed images of various parts of the body. CT scanning is painless. Depending on the part of the body being scanned, contrast (dye) may have to be given to you to drink or in the form of an injection. Administration of a contrast agent can improve the visibility of organs and structures otherwise obscured.

CT examinations include: Abdomen, Pelvis, Brain, Chest, Extremities, IAC's, Neck, Orbits, Sinuses, Spine.

Preparation: Instructions vary depending on the part of the body being scanned. Patients may take medications with a small amount of water. Scanner weight limit is 400 pounds.

CT Abdomen/Pelvis: DO NOT eat or drink anything 4 hours before your scheduled examination time (diabetic patients should only fast 2 hours before exam). Please allow approximately 2 hours for the examination.

CT Spine: No preparation is necessary. Please allow 1/2 to 1 hour for the examination.

CT of other parts of the body (Brain, Neck, Chest, Sinuses etc), do not have anything to eat or drink 4 hours before the examination time (diabetic patients should only fast 2 hours before exam). Please allow 1/2 to 1 hour for the examination.

Please bring any pertinent x-rays with you for your examination, i.e. chest x-rays, extremity x-rays, ultrasound, etc.

FLUOROSCOPY & GENERAL X-RAY:

Fluoroscopy examinations include: Arthrograms, Barium Enema, Barium Swallow (esophogram), Gallbladder Series, GI Series, Hip Injection, HSG (hysterosalpingogram), Pouchogram, Small Bowel Series, VCU (voiding cystourethrogram).

Barium studies are performed for examination of the stomach, small bowel or colon. Barium is administered by mouth or an enema. Using a special x-ray machine called a fluoroscope, the passage of barium is monitored and x-rays are taken of the stomach and bowel. These studies require preparation before the scheduled exam. Please call our office(s) with any questions.

Barium Enema: Please follow the Fleet Prep Kit #1 using the 18 hour preparation. Make sure you stay on a clear liquid diet the day before your examination. Clear liquids include: fruit juices without pulp, clear broth or bouillon, water, coffee and tea without milk products, Kool-Aid, plain jello, Popsicles.

Upper GI Series: No milk or milk products after your noon meal the day before the examination. Nothing by mouth after midnight and no breakfast before your exam. Exam time is approximately ½ hour. If you are having a small bowel exam following your GI series, discontinue medications for diarrhea 24 hours before your exam. The small bowel exam could take considerably longer than 1 hour.

General X-rays include: Chest, Sinuses, IVP (intravenous pyelogram), Extremities.

Kidney x-rays (IVP) are performed administering a contrast (dye) through a vein in your arm and taking a series of plain films. Injection of contrast is necessary to see details of the kidney structure and follow the passage of urine into the bladder.

Preparation is required for kidney x-rays. Please follow the preparation instructions given to you (see below). If you have any questions, please do not hesitate to call our office(s).

IVP: Eat your regular diet the day before the examination. Swallow the 4 Bisacodyl tablets (5mgs) between 6-8PM the night before the exam. No solid food after midnight. You may have one glass of water between midnight and the examination the next day. No breakfast or fluids in the morning of your exam except for the one allowed glass of water.

MAMMOGRAPHY:

Mammography detects many abnormalities before they can be felt. The American Cancer Society recommends a self breast examination every month and a baseline mammogram between the ages of 35 – 39. Women 40 and over should have a mammogram every year and a breast examination by their doctor every year.

Please do not wear excessive deodorant or body powder for your examination. The exam should take approximately ½ hour.

Having your previous mammogram available if not taken at any of our locations is very helpful. The radiologist will compare your mammogram to previous films to ensure the most accurate results.

Digital Mammography is available.

MRI:

MRI uses a strong magnet and radio waves to create detailed images of various parts of your body. MRI does not use x-rays. An MRI is painless. Depending on the part of the body being examined, the test usually takes between 30-60 minutes. There is no preparation before the exam, you may eat normally and take any prescribed medication before your examination. Please arrive 15 minutes earlier than your appointment time.

We offer high field “closed” MRI at our Taft and Downtown office locations and we offer Open MRI at our Brittonfield location for claustrophobic patients. In addition, we have a 1.5 tesla “open feeling” short bore magnet at our Brittonfield office which provides superior images.

MRI examinations include: Brain, Breast, Neck, Spine, Bones and Joints, Chest, Abdomen and Pelvis, MR Angiography and MRI guided breast biopsy.

On occasion, patients who are claustrophobic or obese may require premedication (medication must be obtained from referring doctor and brought with the patient at the time of the appointment), or referral to our OPEN MRI facility.

The weight limit for the MRI scanner is 300 pounds. The weight limit for the OPEN MRI scanner is 400 pounds.

Patients with metal devices in their body (staples, cardiac pacemaker, valve replacement, aneurysm clips, gunshot wounds, history of metal working, implanted electrodes, surgery within the past 2 weeks) may not be able to have the test safely, please call our office at 453-5004 for further information.

We will attempt to contact you 1 to 2 days to confirm your appointment and to answer any questions you may have.

Please bring any pertinent x-rays with you for your examination.

NUCLEAR MEDICINE:

Nuclear imaging allows for detailed examination of many vital organs and their function. A Radioisotope will be administered by an injection in a vein in your arm. Preparation instructions vary according to the type of test you are having. Thyroid Uptake Scans require ingesting a capsule.

The weight limit for the scanner is 300 pounds.

Nuclear Medicine examinations include: Bone, Cardiac, Gallium, GI Bleeds, HIDA (biliary scan), Liver/spleen, Gastric Emptying, Meckels Diverticulum Scan, Renal, Renal Diuretic, Renal Captopril, Thyroid.

Bone Scans: No preparation required. Please allow 3 hours of your time for this examination. You will receive an injection of a radioactive isotope then a waiting period of 2 hours. You are not required to remain in the office during the waiting period. The actual scan time is approximately 1 hour.

Thyroid studies: DO NOT take any thyroid medication 4 to 6 weeks before your examination.

HIDA Scans: Nothing to eat or drink 6 hours prior to exam. Do not take medications containing narcotics for 48 hours prior to your exam. Allow 2 hours for the exam.

STEREOTACTIC BREAST BIOPSY:

This procedure is done at our West Taft Road office only.

This procedure uses computer technology to enable physicians to locate and obtain a sample of the precise center of the questionable area seen on mammography. It uses x-rays taken from multiple angles and a special biopsy needle.

Do not take any medications which could predispose you to bleeding such as coumadin, aspirin products or motrin for 5 days prior to the procedure.

ULTRASOUND:

Ultrasound uses sound waves instead of x-ray. Your instructions will differ depending on the part of the body being scanned.

Ultrasound examinations include: Abdomen, Aortic, Breast, Carotid arteries, Cyst Aspiration, Doppler of the blood vessels, Extremity, Gallbladder, Liver, Obstetrical, Pelvis, Renal, Testicular, Thyroid, Transvaginal.

Obstetrical or Pelvic examinations: You may eat normally. Your bladder must be full for these examinations. Please drink at least 32 ounces of liquid one hour prior to your examination (four 8 oz. Glasses). Please do not empty your bladder before the examination. Allow 45 minutes to 1 hour for the examination.

Abdominal examinations: DO NOT eat or drink anything after midnight the night before the examination. Allow 30 minutes to 45 minutes for the examination.

Other ultrasound examinations: No special preparation is required. Allow 45 minutes to 1 hour for the examination. If you are having a breast ultrasound and have not had your previous mammogram at one of our facilities, please bring your mammogram films with you.

Please Note: If you have any questions, please don't hesitate to call our office. We are open to take your call at 7:30AM. Our offices close at 5:00PM.