

PATIENT EXAM PREPARATION INSTRUCTIONS:

DIAGNOSTIC SERVICES*

- **Bone Densitometry**
- **CT (Computed Tomography)**
- **General Radiology including Fluoroscopy**
- **Mammography**
- **MRI (Magnetic Resonance Imaging) including MRI Breast and MRI Breast Biopsy**
- **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 schedule examination.

BONE DENSITOMETRY (DEXA):

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.

COMPUTED TOMOGRAPHY (CT):

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 be consumed or injected. 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, and Spine.

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

CT Abdomen/Pelvis: No preparation is necessary. Please allow approximately 2 hours for the examination.

CT Spine: No preparation is necessary. Please allow ½ to 1 hour for the examination.

CT IVP/UROGRAPHY: This exam is a CT Abdomen/Pelvis looking for obstruction of a kidney stone and to evaluate for renal, ureteral or bladder masses.

- BUN and Creatinine levels must be obtained within the last 6 weeks.
- Drink 3 glasses of water 1 hour prior to exam (do not have to have a full bladder).

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FLUOROSCOPY & GENERAL X-RAY:

Fluoroscopy examinations include: Arthrograms, Barium Swallow (esophogram), Gallbladder Series, GI Series, HSG (hysterosalpingogram), and Small Bowel Series.

Barium studies are performed for examination of the stomach and small bowel. Barium is administered by mouth. Using a special x-ray machine called fluoroscope, the passage of barium is monitored and x-rays are taken of the stomach and small bowel. These studies require preparation before the scheduled exam (*see below under Upper GI Series*). If you have any questions, please call one of our offices.

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: Abdomen, Chest, Sinuses, Spine, and Extremities.
No preparation is necessary.

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. The American College of Radiology recommends women 40 and over should have a mammogram every year and a breast examination by their doctor.

- 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.

STEREOTACTIC BREAST BIOPSY:

This procedure is done at our Brittonfield Parkway 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, blood thinners, anti-inflammatory, ibuprofen or motrin for 5 days prior to the procedure.

MRI:

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

MRI uses a strong magnet and radio waves to create detailed images of various parts of your body. MRI does not use x-rays. 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 30 minutes earlier than your appointment time.

- We offer high field "closed" MRI at all office locations.
- The weight limit for the MRI scanner is 350 pounds.
- Patients with metal devices in their body (staples, cardiac pacemaker, valve replacement, aneurysm clips, gunshot wounds, history of metal working, implanted electrodes, or surgery within the past 2 weeks) may not be able to have the test safely. Please call our office at 315-269-9729 option 1 for further information.
- We will attempt to contact you 1 to 2 days prior to confirm your appointment and answer any questions you have.
- Please bring any pertinent imaging studies with you for your examination.

ULTRASOUND:

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

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

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.

Note: If you have any questions, please call our office(s).
We are open to take your call at 7:30AM. Our offices close at 5:00PM.