

PREPARING FOR YOUR EXAM:

- Bring your prescription and health insurance card to the appointment.
- Arrive 15 minutes prior to your appointment time to complete paperwork.
- Please let us know if you are pregnant or breast feeding.
- You must have your insurance referral form and or pre-authorization number if required.
- Please give our office 24 hour notice if you can not keep your appointment.
- Call us anytime if you have questions.
- Related Radiographic/imaging studies should accompany patients.

ULTRASOUNDS (30-60 minute test)

Ultrasound of Gall Bladder, Liver, Aorta, Abdomen, Retro-peritoneal, Renal, Renal Flow and/or Spleen

No Food, Liquid, or medication 8 hours prior to your test.

No food, liquids, or Medications, smoking, or chewing gum the morning of the exam.

Ultrasound of Pelvic with Trans-vaginal, OB and Bladder

Finish drinking 32 oz. (four 8 oz glasses) of fluids water, juice, tea, coffee), be sure you have finished drinking all fluids ONE HOUR before your appointment. Do not use the bathroom after drinking.

A FULL bladder is needed for an Ultrasound. If you are pregnant and at least 7 months, you only need half the amount of fluids.

Ultrasound of Retro-peritoneal with Bladder, Ultrasound of Abdomen and Pelvis, and Ultrasound Kidney with Bladder

Finish drinking 32 oz (four 8 oz glasses) fluid 1 hour before your appointment. No food for 8 hours before your exam.

Ultrasound of Prostate

Two hours before your appointment time take one fleet enema according to package directions.

STRESS ECHO (45-60 minute test)

- Dress comfortable, preferably loose clothing, walking shoes.
- Bring any of your own inhalers that you may use if you are asthmatic.
- No food or beverage for at least 2 hours prior to the exam.
- No smoking 6 hours prior to the appointment.
- Please bring a list of medications.

MYOCARDIAL PERFUSION STUDIES (STRESS TEST) (3-4 hour test)

Please let us know if you are pregnant or breast feeding.

No Caffeine for 12 hours prior to test. Caffeine is found in coffee, teas, colas and chocolate.

(Caffeine-Free and Decaffeinated products should also be avoided). Caffeine is also common in some medications (i.e Exedrin, No-Doz) so please consult with your physician if you are unsure.

No Smoking the day of the test.

Nothing to eat or drink 4 hours prior your test. If you are a diabetic you may have a light breakfast 2 hours prior your test.

Do not discontinue any prescription medications without first consulting your physician. We would prefer that Beta-Blocker medication (i.e Bystolic, Atenolol, Toprol, Bisoprolol, Metoprolol) not be taken the day of your exam but please follow your doctor's advice.

Please wear comfortable clothing and shoes to walk on the treadmill (Myocardial Perfusion Treadmill only)

Bone Density (Dexa) (15-30 minute test)

No vitamins or calcium (i.e. dairy) 24 hours prior to the exam

CT Scans & CTA (30-60 minute test)

Please see handout of additional instructions

EMG (30-45 minute test) No lotion on area being tested.

HIDA Scan (2-4 hour test) Nothing by mouth 4 hours before exam.

No smoking or gum chewing 4 hours before exam.

Mammography (30-60 minute test)

Do not wear antiperspirant, talcum powder, or lotion under your arms on the day of the exam. Bring prior studies if possible or have the facilities name, address, and telephone number available.

Thyroid Scan (45-60 minute exam)

No thyroid Medication for 4 weeks, please consult your physician

No Iodine contrast procedures for 6 weeks prior to exam.

