

X-RAY PREPARATIONS

GENERAL X-RAY:

- No preparation required

PREGNANCY RELEASE:

I declare to the best of my knowledge I am not presently pregnant. Signature: _____

ULTRASOUND PREPARATIONS

ABDOMEN ULTRASOUND

- Eat a fat free dinner the night before your appointment
- No dairy products or fried foods
- No carbonated drinks 8 hours before your appointment
- Nothing to eat or drink after midnight the night before
- **DO NOT** eat breakfast

PELVIS ULTRASOUND (ALL TYPES)

- Drink 4-5 glasses (or 2 small bottles) of clear fluids one hour before your appointment time (water, juice, black coffee or black tea)
- **DO NOT VOID** – a full bladder is necessary for the examination
- No fasting necessary

ABDOMEN AND PELVIS ULTRASOUND TOGETHER:

- Eat a fat free dinner the night before your appointment
- No dairy products or fried foods
- Nothing to eat after midnight the night before
- Drink 4-5 glasses (or 2 small bottles) of clear fluids one hour before your appointment time (water, juice, black coffee or black tea)
- **DO NOT VOID** – a full bladder is necessary for the examination

NO PREPARATION REQUIRED FOR THE FOLLOWING:

- Scrota / testicular ultrasound
- Thyroid ultrasound
- Musculoskeletal ultrasound (any type)

OBSTETRICAL ULTRASOUND:

- Obstetrical < 16wks: drink 4-5 glasses (or 2 small bottles) of clear fluids one hour before your appointment time (water, juice, black coffee or black tea).
- Obstetrical > 16wks: drink 2 glasses (or 1 small bottle) of clear fluids one hour before your appointment time (water, juice, black coffee or black tea).

NUCHAL TRANSLUCENCY:

- Drink 3 glasses (or 1.5 small bottles) of clear fluids one hour before your appointment time (water, juice, black coffee or black tea).
- You must bring all the papers from your doctor (blood work requisition, I.P.S. screening paper, etc.) with you for your appointment.

TRANSRECTAL PROSTATE ULTRASOUND:

- Purchase a FLEET ENEMA from the pharmacy
- Self-administer the enema 2 hours before your appointment time.
- Drink 4-5 glasses of clear fluids one hour before your appointment time (water, juice, black coffee or black tea).
- **DO NOT VOID** – a full bladder is necessary for the examination

VASCULAR PREPARATIONS

RENAL ARTERY DUPLEX

- Please follow ABDOMEN ULTRASOUND instructions

VASCULAR ULTRASOUND (ALL OTHER TYPES)

- No preparation required

ECHOCARDIOGRAPHY:

- No caffeinated drinks the morning of your appointment
- Bring a **list** of all the medications you are currently taking

HOLTER MONITOR:

- Patients are advised to take a shower the morning of their appointment
- Holters must be returned to the clinic within 24 hours of removal
- If holter is not returned on specified date there will be a charge

EXERCISE STRESS-TEST:

- No caffeinated drinks the morning of your appointment
- Wear comfortable clothing and running shoes
- Bring all the medications you are currently taking
- **DO NOT** discontinue any medications without first consulting your doctor