



211 North Eddy Street ~ South Bend, IN 44617 ~ Phone: 574 / 234-8161

Radiology Department Exam Preparations

Exam Date: _____ Time: _____

Physician / Office Instruction:

1. Call 237-9203 to schedule a procedure.
2. **Highlight scheduled exam(s) and prep** on form and give to patient.
3. For children less than 12 years, please consult Radiology Department for prep.
4. Instruct patient that **NPO means nothing to eat or drink except necessary medications.**

Patient Instruction

1. **Follow the instructions** for your scheduled exam.
2. **The day of your exam:** Bring this form along with the physician order form and your insurance card to the Radiology Department.
3. NPO means nothing to eat or drink except necessary medications.

MAMMOGRAM

Prep: No perfume, powders, lotions or deodorant around breast area prior to exam (after last shower).

Exam time: 30 minutes to 1 hour.

ESOPHAGRAM (Barjum Swallow) UPPER GI

Prep: Nothing to eat after 7:00 p.m. Only clear liquids until 12:00 midnight. **NOTHING TO EAT AFTER MIDNIGHT.**

Exam time: 30 minutes to 1 hour.

BONE DENSITY STUDY or DEXA

Prep: **DO NOT TAKE CALCIUM SUPPLEMENTS, MULTI-VITAMINS OR TUMS 24 HOURS PRIOR TO EXAM**

Wear comfortable clothing without metal buttons, buckles or zippers.

Please instruct patient to bring completed DEXA questionnaire to avoid delay.

Exam time: 30 minutes

SMALL BOWEL

Prep: 1:00 P.M. (the day before your exam)- Take 10 oz. bottle of Citrate of Magnesia followed by a large glass of water. Drink at least 3 more glasses of any clear liquid during the afternoon and evening. You may have a light dinner, before 7:00 P.M. **NOTHING TO EAT AFTER MIDNIGHT**

* 10 oz. bottle available at most pharmacies.

Exam time: 2 to 4 hours

ULTRASOUND

Prep:
OB / Pelvic Drink 32 oz. of water and have it down one hour before exam. Do not empty bladder until test is completed.

Kidneys/Renal Bladder Drink 24 oz. of water one hour before exam. **DO NOT** empty bladder until test is completed.

Exam time: 30 - 40 minutes.

AORTA: **NOTHING TO EAT OR DRINK AFTER MIDNIGHT**

Abdomen, Gallbladder, RUQ Fat free supper. Nothing to eat after 7:00 pm. Only clear liquids until midnight. Nothing to eat or drink after midnight.

Exam time: 30 - 40 minutes.

Carotid and lower extremity venous Doppler - no prep
Breast, Thyroid, scrotum - no prep

BARIUM ENEMA, (Lower GI)

Prep: Follow the instructions listed inside the Bowel prep kit. Prep kits are available in Radiology Department and all satellite offices of the South Bend Clinic. The prep starts with breakfast the day before your exam.

You will be given a cleansing enema in X-ray approximately 1 hour before X-rays.

Exam time: 2 hours.

*** Fat Free Supper

Choose from clear broth, broiled fish, water-packed tuna, baked chicken (without the skin), vegetables (canned, fresh or frozen prepared without fat), vegetable juice, bread or toast with jelly (no butter or margarine), cereal with skim milk (no 2%, whole milk or cream), fruit and fruit juices, gelatin or angel food cake (no frosting or whipped cream), coffee, tea, skim milk, and potatoes, macaroni, rice or noodles prepared without fat.

PLEASE ARRIVE 15 MINUTES BEFORE SCHEDULED APPOINTMENT TIME.

C.T.

HEAD, SOFT TISSUE NECK, CHEST ABDOMEN AND CTA STUDIES: Nothing to eat three hours before exam.

ABDOMEN: (Liver, Spleen, Kidneys and Pancreas) DOES NOT INCLUDE PELVIS.
Nothing to eat 3 hours before exam may drink in moderation. Patient will need oral contrast.

PELVIS: (below umbilicus) Nothing to eat 3 hours before exam may drink in moderation. Patient will need oral contrast.

ABDOMEN & PELVIS: Nothing to eat 3 hours prior may drink in moderation.

CT UROGRAM: Pre/Post/Delay (no oral) nothing to eat or drink for 3 hours prior.

CT ENTEROGRAPHY: Requires special diet and drink that is given the day of test.

ORAL CONTRAST INSTRUCTIONS

If A.M. exam, drink one bottle of oral contrast at 9:00 P.M., the evening before the exam and one bottle two hours before the exam.
If P.M. exam, drink one bottle of oral contrast at 7:00 A.M. the day of the exam, and one bottle two hours before the exam.
If patient has any history of allergy to iodine or IVP contrast, please notify ordering physician. If exam is still desired, then consult radiologist prior to scheduling to ensure proper pre-medications are prescribed. If history includes swelling to face, neck or breathing problems please schedule exam with hospital.

CREATININE NEEDED WITHIN 30 DAYS IF PATIENTS MEET THE FOLLOWING CRITERIA

- 60 years of age or older
- History of disease including: Dialysis, Kidney transplant, Single Kidney, Renal Cancer and Renal Surgery
- History of Hypertension requiring medical therapy
- History of diabetes mellitus
- Metformin or metformin-containing drug combinations

1. If patient is under 18 years of age, they **must** be accompanied by a parent or guardian.
2. C.T. exams not requiring contrast are sinuses, spine and C.T. for evaluation of skeletal structures and are the only exams to be scheduled after 4p.m.
3. Any patients with a previous exam (done at another institution) directly related to the C.T. should bring or Have films sent to The South Bend Clinic & SurgiCenter, so that they can be reviewed at the time of the exam. (For example: C.T. of the chest - chest X-ray, C.T. fractured extremity - X-Rays of the extremity, previous C.T. of similar are done at another institution.)
4. Patients should take all necessary medications with a small amount of water.
5. Oral contrast available in Radiology Department and all satellite offices of The South Bend Clinic & SurgiCenter. Patient must obtain prior to exam, at least one day before.

NUCLEAR MEDICINE

HIDA SCAN: Nothing to eat or drink 4 hours before test. No narcotic analgesics (morphine, Demerol, codeine) 2 hours before test. No barium studies for 24 hours prior to exam.

GI REFLUX STUDY: Infants: Hold first morning feeding. Bring formula or breast milk and 2 bottles.
Children: (Over 1 year) Nothing to eat or drink 4 hours before test. Bring 12oz of child's favorite juice with sipper cup or closed cup with straw.

BONE, MUGA AND RENAL SCANS: No prep

Bone Scan Patients: Your test will be done in 2 separate parts. You will receive an injection first and the actual scan will be done approximately 2 hours later.

PLEASE ARRIVE 15 MINUTES BEFORE SCHEDULED APPOINTMENT TIME.