

PATIENT PREPARATION INSTRUCTIONS

For Diagnostic Imaging / Cardiorespiratory Procedures

This is not a requisition.

Appointment Date & Time: _____ **(You must arrive 30 minutes early for registration)**

CARDIORESPIRATORY AND ELECTRO-DIAGNOSTIC	
Ambulatory Blood Pressure Monitor, and Holter Monitor	Wear a comfortable, loose fitting, two piece outfit and a belt – your belt will be used to secure the monitor close to you Monitor set-up will take approximately 30 minutes
Cardiac Stress Test <i>(Duration: 30 minutes)</i>	No coffee, tea, caffeinated or decaffeinated products on day of test Eat two hours before your exam Wear exercise clothing i.e. shorts, pants, rubber soled shoes, short sleeved t-shirt Stop taking “beta blocker” medicines if advised by your doctor Bring a list of all your medications with you
Echocardiogram <i>(Duration: 45 minutes)</i>	Wear a two piece outfit No other preparation needed
EEG <i>(Duration: 1 hour)</i>	No coffee, tea, chocolate, caffeinated or decaffeinated products on day of test Hair must be clean – no gel, mousse or hair products
Sleep deprived EEG <i>(Duration: 1 hour)</i>	No coffee, tea, chocolate, caffeinated or decaffeinated on day of test Hair must be clean – no gel, mousse or hair products Children 4-8: remain awake from 4 a.m. before arriving for appointment Children 9-12: remain awake from 2 a.m. before arriving for appointment Children 12 – Adult: remain awake entire night before arriving for appointment
Exercise Induced Asthma Study <i>(Duration: 1 ½ hours)</i>	Refer to pulmonary function test and cardiac stress test Not for children under age 9
Methacholine Inhalation (Methacholine Challenge) <i>(Duration: 1 hour)</i>	Ensure detailed instructions are given to you by your referring doctor No asthma inhalers may be used for 12 hours before the appointment No antihistamines may be taken for 4 days before the appointment
Routine Pulmonary Function Test <i>(Duration: 30 minutes)</i>	No asthma inhalers may be used for 12 hours before the appointment, except <i>Salbutamol (Ventalin)</i> – this inhaler may be taken up to 4 hours before the appointment
CT	
Abdominal CT <i>(Duration: 1 ½ hours)</i>	Do not eat or drink for 4 hours before the appointment, except only what is needed to swallow necessary medications
CT with Contrast (any body part) <i>(Duration: 30 minutes)</i>	Do not eat or drink for 4 hours before the appointment, except only what is needed to swallow necessary medications
Renal Colic <i>(Duration: 30 minutes)</i>	Drink two full 8 oz glasses of water one hour before your appointment DO NOT empty your bladder before the exam; a full bladder is necessary for imaging
GASTRIC X-RAYS	
UGI - Upper GI Series <i>(Duration: 15 minutes)</i>	Adults: Nothing to eat or drink after midnight, except only what is needed to swallow necessary medications Children under 3: Nothing to eat or drink for 4 hours before the appointment
UGI/FT – Small Bowel Series <i>(Duration: 2 to 4 hours)</i>	See instructions above for UGI – Upper GI Series You may be required to stay at the hospital during this longer period of time, as necessary, to complete your imaging
MAMMOGRAPHY	
Mammogram <i>(Duration: 15 minutes)</i>	Do not use powder or deodorant on day of appointment If you have had a mammogram before, please bring the films or CD with you
MRI	
Abdomen/Pelvis <i>(Duration: 45 minutes)</i>	Do not eat or drink for 6 hours before the appointment, except only what is needed to swallow necessary medications

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General MRI <i>(Duration: up to 45 minutes)</i>	A screening form will need to be completed when you arrive-this will take extra time If you require sedation (due to claustrophobia) discuss this with your doctor Only your doctor can give you a sedative prescription – please take as directed You cannot drive to or from your exam if you have taken sedative medication
NUCLEAR MEDICINE	
Biliary (also called HIDA) <i>(Duration: 1 hour)</i>	Do not eat or drink for 4 to 6 hours before the appointment Do not fast for longer than 6 hours before the appointment
Bone Density (BMD) <i>(Duration: 15 minutes)</i>	Verify the date of your last BMD scan – BMD scans can only be performed so often Bring a copy of any previous BMD reports with you
Bone Scans <i>(Duration: 3 to 5 hours)</i>	The scan is two parts and requires delayed imaging 3 – 4 hours after the test start The technologist will give you a confirmed return time for the second part of the test Bring any recent x-rays with you
Exercise Cardioline or Persantine Cardioline <i>(Duration: 3 ½ to 4 ½ hours)</i>	7 days before the test date: stop taking medicine called <i>Theophylline</i> . 48 hours before test date: stop taking “beta blocker” medicines - check with your doctor or pharmacist if you are unsure of type or name of your medicine 24 hours before test date: stop consuming all caffeinated and decaffeinated products including all coffee, teas, herbal teas, cola, pop, energy drinks or supplements, chocolate, Tylenol and Excedrin Migraine Do not eat for 3 – 4 hours before your appointment You may drink milk, juice and water – diabetic patients may have a snack as needed Wear exercise clothing i.e. pants, rubber soled shoes, short sleeved t-shirt Bring a list of all your medications with you
Renal Scans (DTPA, Captopril, or Lasix) <i>(Duration: 1 to 2 hours)</i>	48 hours before test date: stop taking “ACE inhibitor” medicines - check with your doctor or pharmacist if you are unsure of type or name of your medicine Drink 2 - 4 8 oz glasses of water before arriving for appointment
Thyroid Uptake/Scan <i>(Day 1 : 15minutes, Day 2: 1 hour)</i>	The exam is done over 2 days Stop taking thyroid medications 4 weeks before your appointment Do not eat any “iodine rich” foods or drinks for 1 week before appointment Bring a copy of any neck or thyroid ultrasound reports
ULTRASOUND – For tests needing a “full bladder” the appointment may take longer than times shown.	
Abdominal <i>(Duration: 30 minutes)</i>	Do not eat or drink for 8 hours before the appointment, except only what is needed to swallow necessary medications - children under 3 years of age may feed
Abdominal and Pelvic <i>(Duration: 1 hour)</i>	Do not eat or drink for 8 hours before the appointment Finish drinking 4 full 8 oz glasses of water one hour before your appointment DO NOT empty your bladder - a full bladder is necessary for imaging
Obstetrical <i>(Duration: up to 1 hour)</i>	Exams done before 12 weeks of pregnancy: you must finish drinking 4 full 8 oz glasses of water one hour before appointment DO NOT empty your bladder - a full bladder is necessary for imaging. For exams done later than 12 weeks of pregnancy: there is no preparation We encourage family support but have limited space in the exam area Please note: children under 10 must be supervised at all times
Pelvic <i>(Duration: 30 minutes)</i>	Finish drinking 4 full 8 oz glasses of water one hour before appointment DO NOT empty your bladder - a full bladder is necessary for imaging
Renal <i>(Duration: 30 minutes)</i>	Finish drinking 2 full 8 oz glasses of water one hour before appointment DO NOT empty your bladder - a full bladder is necessary for imaging