



BARIUM ENEMA

Liquid diet the entire day before the examination. You may have coffee, tea, clear soup, juices, Jello, Ginger Ale, Coca-Cola, Slim Fast, Ensure or soft boiled eggs. Drink at least 6 to 8 glasses of water. No solid foods. At 6:00PM the day before the examination, drink a 10oz. Bottle of Citrate of Magnesia. Take 3 tablets of Dulcolax at 9:00 PM the night before the examination. Take one tap water or fleet Enema the night before the examination. Have a light breakfast consisting of coffee and orange juice and toast on the morning of the examination.

GASTROINTESTINAL SERIES

Have a light dinner before 9:00 PM before the examination. Have nothing to eat, drink or smoke for 8 hours prior to the examination.

SMALL BOWEL SERIES

Same as Gastrointestinal Series

CT SCAN

For any CT examination with contrast of the neck, chest, abdomen or pelvis, have nothing to eat or drink for three hours before the test.

PELVIC ULTRASOUND

Normal food intake. Drink 4 glasses of water prior to the examination. Urinate at will.

RENAL ULTRASOUND

Nothing to eat 3 hours prior to the examination.

BLADDER

Drink 4-5 glasses of 8 ounces of water 60 to 90 minutes before the examination. Do not urinate for 30 minutes prior to the study.

ABDOMINAL ULTRASOUND

No solid food for 8 hours prior to the examination. No **fatty** food for 12 hours prior to exam.

MAMMOGRAPHY

Do not use powder, deodorant, lotion, or perfume on the day of the examination.

PET/CT

Avoid strenuous activities on the day before the PET examination. Excessive muscular activity may interfere with interpretation of the scan. Patients need to fast after midnight or at least six hours to their examination with the exception of water, and should be well hydrated. Eat a high-protein, low-carb dinner the night before. If you are diabetic, please bring your medication and a light snack with you. Make sure that our staff is aware of your condition ahead of time as insulin intake may need to be modified. Please be prepared to stay with us for approximately 3 to 4 hours.

BONE DENSITOMETRY (DEXA)

Patients should not have had a Barium Study or Nuclear Scan within 2 days of your bone density examination.

MRI

There are no dietary restrictions prior to your MRI examination. Head/Neck MRI: Do not wear any eye makeup. Please call our office before your appointment if any of the following apply: Pacemaker, Surgical Vascular Clips, Neurostimulators, Cochlear Implants, Vascular Filters and Stents, Breast Tissue Expander, Penile Implants, Claustrophobia or Silver Backed Dermal Patches. Music is available during the examination. Please feel free to bring a CD.