

ZWANGER-PESIRI EXAMINATION PREPARATIONS AND MAP

- Continue taking any prescription medications, which may be taken with a few sips of water prior to exam.
- Wear comfortable, loose clothing. Do not wear jewelry.
- Please be sure you have your prescription from the doctor, as well as your insurance card when you arrive for your appointment.

MRI/MRA

★ If you are receiving **IV CONTRAST** for your exam, refer to the **CONTRAST PREPARATIONS** section (in addition to the following).

This exam may **not** be performed if you have a **cardiac pacemaker, cerebral aneurysm clips or a metallic hearing implant**. If you are a sheet metal worker or have ever had **metal fragments in your eye(s)**, an orbit x-ray will be taken prior to your MRI exam. Wear comfortable loose fitting clothes, such as a sweatshirt. Be sure there are no metal zippers, snaps or buckles. Do not wear earrings, hairpins or jewelry. Do not apply eye shadow or mascara.

CT SCAN

★ If you have a history of asthma, an **allergy to iodine**, or are currently **taking medication for diabetes**, please notify our staff.

★ If you are receiving **IV CONTRAST** or **ORAL CONTRAST** for your exam, refer to the **CONTRAST PREPARATIONS** section.

ABDOMEN AND PELVIS - WITH OR WITHOUT CONTRAST - Nothing to eat or drink 3 hours prior to your exam time. (2 hours for diabetics)

SPINE - NO CONTRAST - no preparation necessary.

BRAIN/CHEST/NECK - NO CONTRAST - no preparation necessary.

STONE HUNT - No preparation necessary.

CTA - Follow instructions given at the time of scheduling an appointment.

X-RAY

IVP - Refer to the **CONTRAST PREPARATIONS** section

ESOPHAGRAM/UPPER G.I. SERIES/SMALL BOWEL SERIES - Have a light supper the night before the exam. Nothing to eat, drink, chew or smoke after 10:00 pm until after the exam is complete in the morning.

BARIUM ENEMA (B.E.) - Pick up prep kit at least two days prior to the exam.

DIGITAL MAMMOGRAPHY

Do not apply lotions, deodorant, perfume or powder on the day of the exam. Wear comfortable two piece clothing. Bring previous mammography studies for comparison.

DXA BONE DENSITOMETRY

No preparation required.

ULTRASOUND

AORTIC/ABDOMINAL - Nothing to eat drink, chew or smoke for six hours prior to your exam.

PELVIC/OBSTETRICAL - A full bladder is necessary for the exam. Have breakfast and/or lunch. Women: drink at least 32 oz. of water/Men: at least 16 oz. of water, finishing 1 hour prior to exam. Do not empty your bladder.

PROSTATE - Take a fleet enema at least one hour prior to the exam. Nothing to eat or drink after fleet enema.

BREAST/SCROTAL/THYROID - No preparation required.

RENAL - 16 oz. glass of water one hour prior to study. Do not void.

COLOR-FLOW DOPPLER - No preparation required.

RENAL ARTERIAL STUDY - Nothing to eat, drink, chew or smoke for three to five hours prior to your exam. In addition, consult your physician before taking gas-X one hour before the exam.

PET/CT SCAN

Call your local Zwanger-Pesiri office and enter **ext. 4886** to schedule an appointment and/or for exam preparations.

SPECT NUCLEAR MEDICINE

Call your local Zwanger-Pesiri office and enter **ext. 4886** to schedule an appointment.

THYROID SCAN - Discontinue all thyroid medications and vitamins with iodine for at least 10 days prior to the exam.

BONE SCAN - No preparation required.

LIVER SCAN - No preparation required.

PREPARATIONS FOR EXAMS WITH CONTRAST

** PRECAUTION **

IF YOU ARE RECEIVING IV CONTRAST FOR A CT SCAN, MRI, MRA OR IVP, AND ARE OVER 70, DIABETIC (regardless of age or medication), or **HAVE ONLY ONE KIDNEY**, you must have a **BLOOD TEST** showing **BUN** and **CREATININE LEVELS** drawn within the last six weeks. The results must be forwarded to us or brought with you on the day of your test.

IV CONTRAST OR ORAL CONTRAST FAST PREPARATION

Nothing to eat or drink 3 hours prior to your exam time. (2 hours for diabetics).

OMNIPAQUE ORAL CONTRAST PREP FOR CT SCAN OF ABDOMEN AND PELVIS

* DO NOT INGEST IF YOU HAVE AN IODINE ALLERGY

Begin drinking the OMNIPAQUE oral prep 1 hour before your exam.

1. Pour the entire contents of the OMNIPAQUE bottle into the 32 oz. cup given at the office.
2. Fill the cup with water to approximately 1/2 inch from the top of the cup (approximately 30 oz).
3. Stir well and drink.
4. Discard the cup, contrast bottle, and straw after use.

REDI-CAT ORAL CONTRAST PREP FOR CT SCAN OF ABDOMEN AND PELVIS

- Refrigerate REDI-CAT (Shake well before drinking)
- Begin drinking REDI-CAT 2 hours prior to exam, finishing within 90 minutes.
- You may be asked to drink another small cup at your exam time.

IVP

The day before exam, drink 1 bottle of Citrate of Magnesia at 4:00 pm. Nothing to eat, drink, smoke or chew past 10:00 pm.

