

Patient Preps

Mammography

- Please do not wear any powder, perfume, lotion, or deodorant under the arms or near the breast area.
- Please bring previous films with you to the exam. If not available, please give the facility name and phone number.

Biopsies/Aspirations/Needle Localizations

- Stop all blood thinners 5 days prior to your appointment. This includes ALL prescription blood thinners, as well as over-the-counter blood thinners such as Aspirin, Aleve, Ibuprofen, Advil, Naproxen, etc.
- Need previous breast studies (mammograms, ultrasounds) for comparison.

CT/CTA

- IV-CONTRAST CT/CTA's (all body parts) – Recent (within last 8 weeks) lab work is required.
- IV-CONTRAST CT/CTA's (all body parts) – Nothing to eat or drink 1 hour prior to your appointment.
- NON-CONTRAST CT's – No prep.
- CT Abdomen and/or Pelvis
 - Prep supplies are available for you to pick up at the location where your exam is scheduled. If you are unable to pick up the prep beforehand, please arrive 2 hours prior to your scheduled appointment.
 - Nothing to eat 6 hours prior to your appointment.
 - Nothing to drink 1 hour prior to your appointment.
 - Recent (within last 8 weeks) lab work is required.
- CT Enterography
 - You will prep in our office.
 - Plan to be at the center for approximately 3 hours.
 - Nothing to eat 6 hours prior to your appointment.
 - Nothing to drink 1 hour prior to your appointment.
 - Recent (within last 8 weeks) lab work is required.
- CT/IVP Combo
 - Prep instructions are available for you to pick up at the location where your exam is scheduled.
 - The night before your appointment, eat a light dinner of clear soup and crackers, followed by four tablespoons of Milk of Magnesia.
 - You may have clear liquids up until midnight before your appointment. These include water, Jell-O (no red coloring), popsicles (no red coloring), unsweetened tea, broth/bouillon (chicken, beef, vegetable), black coffee (no cream or sweetener).
 - Nothing to eat or drink after midnight the night before your appointment, EXCEPT WATER. You may have WATER ONLY up until 1 hour prior to your appointment.
 - You may take any medications as needed with WATER ONLY, preferably 3 hours prior to your appointment.
 - Recent (within last 8 weeks) lab work is required.

DEXA/Bone Densitometry

- No oral or IV contrast exams 7 days prior to your exam. This includes barium (CT, Fluoroscopy), MRI contrast, CT contrast, and nuclear medicine contrast.
- Avoid wearing any metal zippers, buttons, or snaps in the waist area. Athletic wear with elastic waistbands are a good choice.

Hysterosalpingogram (HSG)

- Stop all blood thinners 5 days prior to your appointment. This includes ALL prescription blood thinners, as well as over-the-counter blood thinners such as Aspirin, Aleve, Ibuprofen, Advil, Naproxen, etc.
- You must be scheduled between day 7 and day 10 of your menstrual cycle.
- You must contact the referring provider for an in-office blood or urine pregnancy test 3 days prior to your appointment. Please have the negative results faxed (844-212-9295) or bring them with you to the appointment.

Injections/Arthrograms

- Stop all blood thinners 5 days prior to your appointment, must be physician approved. This includes ALL prescription blood thinners, as well as over-the-counter blood thinners such as Aspirin, Aleve, Ibuprofen, Advil, Naproxen, etc.
- You must have a driver for your appointment.

MRI/MRA

- No prep EXCEPT for MRI ABDOMEN. MRI Abdomen – Do not eat or drink 4 hours prior.
- CONTRAST MRI's – Recent (within last 8 weeks) lab work is required.
- Do not wear jewelry, metal (zippers, buckles, snaps, etc.). Athletic wear with elastic waistbands are a good choice.
- MRI Head/Neck – Do not wear make-up.
- Check with your physician regarding claustrophobic medication if needed.
- If on pain medication, please take it 30 minutes prior to your appointment.
- Patients with a history of metal in the eyes, pacemaker, defibrillator, programmable shunt, Neurostimulator, spinal cord stimulators may need to have an additional exam (i.e. x-ray) for MRI clearance.
- MR Enterography
 - You will prep in our office.
 - Plan to be at the center for approximately 3 hours.
 - Nothing to eat/drink 4 hours prior to your appointment.
 - Recent (within last 8 weeks) lab work is required.

Ultrasound

- Gallbladder, Liver, Pancreas, Abdomen, Aorta – Nothing by mouth (including smoking or chewing gum) after midnight the night before or 8 hours prior to your exam.
- Pelvic (Non-OB), Renal, Bladder – Drink 32 ounces of water one hour prior to your exam. **DO NOT USE THE RESTROOM.** You must have a full bladder for this test.
- OB 22 weeks pregnant or less – Drink 32 ounces of water one hour prior to your exam. **DO NOT USE THE RESTROOM.** You must have a full bladder for this test.
- OB over 22 weeks pregnant – No prep.
- All other ultrasound exams not specified above – No prep.

Upper GI and/or Small Bowel

- Nothing by mouth (including smoking or chewing gum) after midnight the night before or 8 hours prior to your exam.

Barium Swallow/Esophagram

- Nothing by mouth (including smoking or chewing gum) after midnight the night before or 8 hours prior to your exam.

Barium Enema

- Prep supplies you will need to purchase from your local pharmacy (no prescription required):
 - One 10-oz. bottle of magnesium citrate
 - Three laxative tablets (Dulcolax, Bisacodyl, store equivalent)
- Clear liquid diet starting the day before your appointment. This includes water, Jell-O (no red coloring), popsicles (no red coloring), unsweetened tea, broth/bouillon (chicken, beef, vegetable), black coffee (no cream or sweetener).
- At 12pm the day before your appointment, drink the 10-oz bottle of magnesium citrate.
- At 8pm the night before your appointment, take the three laxative tablets with plenty of water.
- Nothing by mouth (including smoking or chewing gum) after midnight the night before or 8 hours prior to your exam.
- You may take any medications as needed with WATER ONLY, preferably 3 hours prior to your appointment.
- If we are performing the exam via ostomy, please bring a clean bag.