

## INSTRUCTIONS FOR PATIENTS

Please consult with your physician for questions regarding your prescription medication.  
If you have any questions about procedure preparations please call 860-585-3020.

### **CT SCAN**

#### **Abdomen**

- \*Nothing to eat or drink 4 hours before your exam.
- \*Patient will be required to pick up a special drink in CT area.
- \*This drink must be taken 1 hr before your scheduled exam.

#### **Abdomen & Pelvis**

- \*Nothing to eat or drink 4 hours before your exam.
- \*Patient will be required to pick up a special drink in CT area.
- \*These drinks must be taken 1 & 2 hrs before your exam.

#### **Abdomen & Pelvis for Kidney Stones or Hernia**

#### **-No Prep-No Drinks**

#### **Chest, Head, Soft Tissue Neck**

- \*Nothing to eat or drink 4 hours before your exam.

#### **Chest for nodule-No prep**

#### **Pelvis**

- \*Nothing to eat or drink 4 hours before your exam.
- \*Patient will be required to pick up a special drink in the CT department.
- \*This drink must be taken 2 hrs before your scheduled exam.

#### **Spine & Sinuses – No Prep**

### **CARDIO-PULMONARY**

#### **Stress Tests**

- \*Nothing to eat or drink 4 hours before your exam.
- \*Wear comfortable clothes & sneakers.
- \*Check with MD about your medications.
- \*Stress Testing may be combined with a perfusion scan in Nuclear Medicine.

#### **Pulmonary Function Test**

- \*No bronchodilators or smoking 4 hrs before exam.

#### **Echo, EKG, Holtor Monitor-No Prep**

### **NUCLEAR MEDICINE**

#### **CARDIOLITE/LEXISCAN STRESS TEST**

- \***1 DAY PROTOCOL- expect to be here for 5 hrs.\*\***
- \*Nothing to eat or drink 4 hours before your exam.
- \*No caffeine or smoking the morning of the exam. \*Check with your MD about medications.

#### **Gastric Emptying**

- \*Nothing to eat or drink after midnight.
- \*No stomach medications 2 days prior.
- \*No allergies to Eggs or Eggs Beaters® /notify department if gluten free diet is needed.

#### **HIDA Scan**

- \*Nothing to eat or drink 4 hours before your exam.
- \*No Opiates for 4 hrs, before your exam.

#### **Thyroid Scan and Uptake, Parathyroid Scan**

- \*Patient must be off thyroid medication 1 week prior.
- \*Nothing to eat or drink after midnight
- \*No IV contrast within last 30 days.

#### **VQ Lung Scan**

- \*Chest x-ray required 24 hours prior to this exam.

#### **Bone Scan, MUGA, White Blood Cell Study – No Prep**

#### **PET SCAN**

- \***Diabetic patients –Diagnostic RN will contact you**
- \*Nothing to eat or drink min 4 hrs before your appointment.
- \*Do not wear any metal (zippers, jewelry etc).
- \*Avoid vigorous exercise 24 hrs prior to scan.

**MAMMOGRAPHY** No deodorant/powder prior to exam. No breastfeeding for 6 months prior to exam. Bring films/disk to exam if done at other facility.

#### **Breast Biopsy**

- \*Off blood thinners, aspirin, & aspirin-like products for 5 days prior to procedure.

### **RADIOLOGY**

#### **Upper GI, Small Bowel, IVP, Barium Swallow**

- \*Nothing to eat or drink after midnight.
- \*Small bowel series may take up to 6 hours.

#### **Modified Barium Swallow with speech –NO Prep**

#### **Barium Enema**

- \*Obtain Magnesium Citrate & Dulcolax
- \*Follow prep sheet from MD.
- \*Nothing to eat or drink after midnight.

#### **Bone Density Scan**

- \*No calcium medication within 24 hrs
- \*No Barium within 2 weeks

### **MRI/MRA**

- \*All MRI patients will change into hospital clothes.
- \*No jewelry/watches, No medication patches.
- \*Safety questions will be reviewed by the MRI department.

#### **Abdominal & MRCP**

- \*Nothing to eat or drink 4 hours before your exam.

### **EEG**

- \*Clean hair
- \* No caffeine.
- \*If questioning seizure activity no more than 5hrs of sleep.

### **ULTRASOUND**

#### **Abdomen, Liver, Gallbladder, Pancreas, Spleen, Aorta**

- \*Nothing to eat or drink 6 hours before your exam.

#### **Breast, Thyroid, Carotid, Legs, Extremities, Spleen**

- \*No Prep

#### **Pelvic, Renal, Pregnancy**

- \*Starting 1 hour before your exam, drink 32oz of water within 15 mins.
- \*Your bladder must be full.
- \*Do not empty your bladder until the exam is completed.

#### **Pregnancy (20 weeks and under)**

- \*Starting 1 hour before your exam, drink 32oz of water within 15 mins.
- \*Your bladder must be full.
- \*Do not empty your bladder until the exam is completed.

BUN/Creatinine levels are required on the following patients prior to the administration of Contrast:

- |   |               |
|---|---------------|
| *Age 60 or above                        | *Diabetic     |
| *Gout/Hyperuricemia                     | *Hypertension |
| *Pre-existing kidney disease or surgery |               |

**Some diabetic patients, who take Metformin and receive IV contrast, will be given specific post contrast instructions.**