

## PATIENT INSTRUCTIONS—PREPARING FOR YOUR MEDICAL TEST

Please print and follow the instructions related to your medical test. We have multiple clinic locations, all of which can be found online.

### NO PREPARATION REQUIRED FOR THE FOLLOWING:

- Transvaginal ultrasound only (no pelvic exam)
- Musculoskeletal ultrasound
- Thyroid ultrasound
- Doppler/Vascular
- Breast ultrasound

### DIGITAL ULTRASOUND

#### PROSTATE/TRANSRECTAL

Drink 1 litre (four 8 oz glasses) 1 hour before appointment time.

DO NOT go to the washroom as you must have a full bladder for the examination. You may eat regularly.

#### ABDOMEN

Includes studies of the gall bladder, pancreas, spleen, liver, kidneys and aorta.

You will need to have an empty stomach for this exam. Nothing to eat or drink for 8 hours prior to your exam.

#### PELVIS OR OBSTETRICAL

Drink 1 litre (four 8 oz glasses) 1 hour before appointment time. DO NOT go to the washroom as you must have a full bladder for the examination.

You may eat regularly.

A transvaginal study may also be requested which involves the insertion of the ultrasound probe into the vagina for optimal visualization of the pelvic structures. The bladder will be emptied for this portion of the examination.

#### SONOHYSTEROGRAM

No preparation required.

Please consider taking ibuprofen 1 hour prior to the exam as that often helps relax the uterus and lessen the cramping.

### DIGITAL RADIOLOGY

#### DIGITAL X-RAY

If there is a possibility you may be pregnant, please contact your physician prior to the X-ray.

#### UPPER G.I. SERIES & BARIUM SWALLOW (Booked for morning only)

Nothing to eat or drink after midnight. Patients are expected to fast through to the end of the procedure.

#### SMALL BOWEL EXAMINATION ONLY & UPPER G.I. SERIES AND SMALL BOWEL FOLLOW-THROUGH (Booked for morning only)

Take 1 day before exam:

- 10 oz (chilled) magnesium citrate at 4:00 PM.
- At least 3 large glasses of water during the afternoon and evening prior to examination.
- Do not have anything to eat or drink after 10:00 PM until the examination is complete.

#### COLON EXAMINATION (BARIUM ENEMA)

You are required to be on clear fluids for the 2 days prior to this examination. Clear fluids may include fruit juice, bouillon, clear beef or chicken broth, consommé, gelatin, popsicles and coffee or tea with sugar.

2 days before exam: clear fluids.

1 day before exam: clear fluids and take

- 10 oz (chilled) magnesium citrate at 4:00 PM.
- 3 Dulcolax tablets at 6:00 PM (do not crush or chew tablets).
- At least 3 large glasses of water during the afternoon and evening prior to examination.
- **Day of the examination:** may have clear fluids only until examination is complete.

#### DIGITAL MAMMOGRAPHY

On the day of the examination:

- After showering, do not use deodorant, antiperspirant or talcum powder as it may show up on the mammogram.
- Wear a 2-piece outfit for your comfort.

#### BONE MINERAL DENSITOMETRY (BMD)

No contrast or radioactive exam the previous week.

Appointment should not be booked within 2 weeks (can be 1 week if necessary) of having any X-ray exams involving contrast agents or having had a nuclear medicine examination.

On the day of the examination, do not take calcium supplements or iron tablets.