

PATIENT INSTRUCTIONS

FOR CARDIOLOGY DIAGNOSTIC EXAMS

FOR 24 HOURS BEFORE YOUR TEST

- **DO NOT** drink any caffeinated or decaffeinated drinks such as: coffee, decaffeinated coffee, tea, Coke®, Pepsi®, Root Beer.
- **DO NOT** eat chocolate.
- **DO NOT** take any medications that may contain caffeine.

ON THE MORNING OF YOUR TEST

- Eat a light breakfast, then nothing to eat or drink for 3 hours prior to the test.
- **DO NOT** consume any caffeinated products.

DESCRIPTION OF PROCEDURE

- Upon arrival, you will have an IV inserted in your arm. All injections will be done through this IV line. You will then receive your first injection. The injection contains a small amount of radioactive material that will go to your heart muscle.
- Approximately 45 minutes after the injection, you will be asked to lie on your back and a special camera will be used to take a series of pictures. Once these pictures are complete, ECG leads will be placed on your chest.
- You will undergo a stress test as requested by your physician. The stress test can either be exercise stress on a treadmill or drug stress with intravenous dipyridamole (e.g., Persantine®) medication. Stress test can be done on the same day or on a different day depending on your condition.
- If you are scheduled for exercise, you will need comfortable shoes, shorts or sweat pants. During the stress test (exercise or dipyridamole), you will be given another injection of radioactive material.
- When this is completed, you will have 30-45 minutes to eat a light meal prior to your 2nd set of pictures.

This requisition form can be taken to any licensed facility providing healthcare services including hospitals and IHFs, such as those listed on the IHF Program website: <http://www.health.gov.on.ca/en/public/programs/ihf/facilities.aspx>

FOR DIGITAL ULTRASOUND EXAMS

NO PREPARATION REQUIRED FOR THE FOLLOWING:

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

FOR DIGITAL RADIOLOGY EXAMS

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 exam: 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.

LOCATIONS

Yonge/King (The Path)

11 King St W, Suite C-100
Toronto ON M5H 4C7
P: 416-864-1814 | F: 416-864-1499
X-ray | Ultrasound | MSK

Thornhill (Bathurst & Steeles)

7131 Bathurst St, #LL03
Thornhill ON L4J 7Z1
P: 905-889-2400 | F: 905-889-2455
X-ray | Ultrasound | MSK

Pickering (Kingston/Dixie)

1105 Kingston Rd, Suite D202
Pickering ON L1V 1B5
P: 905-420-3068 | F: 905-420-6057
X-ray | Ultrasound | MSK | Mammo | BMD

Bay/College (General)

790 Bay St, Unit #418
Toronto ON M5G 1N8
P: 416-260-9382 | F: 416-260-2274
X-ray | Ultrasound | MSK

North York (Bathurst/Finch)

4949 Bathurst St, Unit #100
Toronto ON M2R 1Y1
P: 416-223-5460 | F: 416-223-8335
X-ray | Ultrasound | MSK | Mammo |
Thyroid Biopsy

Newmarket (Leslie/Davis)

17215 Leslie St
Newmarket ON L3Y 8E4
P: 905-836-2626 | F: 905-836-5043
X-ray | Ultrasound | MSK | Mammo

Bay/College (Women's Imaging Centre)

790 Bay St, Unit #520
Toronto ON M5G 1N8
P: 416-260-1974 | F: 416-260-1687
Ultrasound

CT/ MRI LOCATIONS

Ajax

300 Harwood Ave S
Ajax ON L1S 2J1
P: 905-426-8976
CT | MRI | Free Parking

Mississauga

The Emerald Centre
10 Kingsbridge Garden Circle
Mississauga ON L5R 3K6
P: 905-568-3768
CT | MRI | Ultrasound | Free Parking