

FREE PARKING ALL SITES

EXAMINATION INSTRUCTIONS

The following examinations are by appointment only. When making appointment, please notify if patient is diabetic.

** ALL EXAMINATIONS **

Please bring this signed request with you. **If you are unable to keep your appointment, please phone 780-669-2222 to reschedule it.**
There is no facility to look after small children.

STOMACH AND DUODENUM (S&D), ESOPHAGUS (E), UPPER GI (UGI), or SMALL BOWEL (SB FT)

Morning Appointment - Do not eat or drink anything after midnight the night before the examination.

Small Bowel exams may take up to three hours to complete.

COLON EXAMINATION (Barium enema)

Two days before the examination unrestricted amounts of clear liquids only (e.g. water, clear juice, Gatorade, Powerade, consommé, tea, coffee or jello); **No Solid Foods**

Day before the examination unrestricted amounts of clear liquids only (e.g. water, clear juice, Gatorade, Powerade, consommé, tea, coffee or jello); **No Solid Foods**

- at 5:00 p.m. drink one bottle of Magnesium Citrate laxative;
- at 7:00 p.m. take 3 Dulcolax tablets (5 mg). Do not crush or chew tablets. Continue with a liquid diet for the rest of the day;

Day of colon examination: You may have one glass of water or clear juice. Eat nothing until the examination is completed.

* **DIABETIC PATIENTS should consult their physician regarding possible stoppage or reduction of insulin while fasting on "clear liquids only" diet.**

* **Please continue to take your regular medications**

DIAGNOSTIC ULTRASOUND EXAMINATIONS

1. **OBSTETRICAL OR PELVIC – IMPORTANT:** THE BLADDER **MUST** BE FULL.
1 1/2 hours prior to the examination drink **SIX** 250 ml glasses of **water** and refrain from urinating. Finish **all** glasses of water 1 hour before time of examination.
2. **ABDOMINAL**
For morning appointment: nothing to eat or drink after midnight or the morning of the examination.
For afternoon appointments: a light breakfast of toast, coffee or tea (no dairy products) 6 hours prior to the examination.
3. **ABDOMEN & PELVIC / RENAL & BLADDER**
Nothing to eat for 6 hours prior to the examination, but 1 1/2 hours prior to the examination drink **SIX** 250 ml glasses of **water** and refrain from urinating. Finish **all** glasses of water 1 hour before time of examination.

NUCLEAR MEDICINE EXAMINATIONS

Bone Scan:	Bring most recent x-rays.
Gallium Scan:	Day 1 injection; Day 4 one hour imaging.
HIDA (Hepatobiliary) Scan:	Nothing by mouth from midnight. Examination 2 - 4 hours.
Liver RBC Scan:	No Barium intestinal tests for one week prior to scan.
Lung Scan:	Bring most recent chest x-rays.
Thyroid Scan:	Must NOT be taking thyroid medications for 4 weeks prior to scan. Need results of thyroid blood test at time of scan.
Myocardial Perfusion Scan:	No eating or drinking 4 hours prior to exam. No beverages or food containing caffeine for 24 hours prior.
Renal Scan / Renogram:	Drink 3 cups of fluids in half hour prior to examination.
Other Scans:	Need no preparation unless informed at time of booking.

*** If you are breast feeding, please talk to the technologist prior to the injection.**

MAMMOGRAPHY

Do not use deodorant, antiperspirant or talcum before the examination. Stay on a caffeine free diet to minimize discomfort of compression required for optimal examination. Premenstrual breast tenderness - you may delay booking until tenderness has subsided. Wear a two-piece outfit. At time of booking advise where previous mammogram was done and if possible allow appropriate time for films to arrive before appointment date.

MRI

Please notify your doctor if you have any of the following: pacemaker, aneurysm clips, welding history, eye injury with metal.

CT

Abdominal Examinations: Clear fluids only for 6 hours before examination. No preparation for other CT examinations.

Insight Medical Imaging