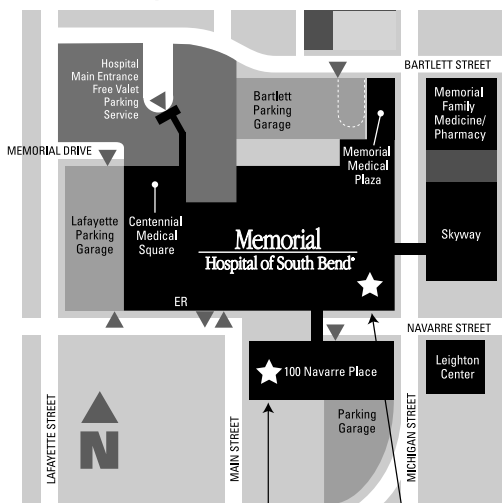


Bring list of all medications with you to your appointment. Notify your technologist if you are pregnant or breastfeeding.

KEY: **Clear liquid meals** – no solid foods, no dairy products. May include clear soups, strained fruit juices, carbonated beverages, plain gelatin, tea, coffee without cream. **Liquids** – water, soft drinks, coffee, etc. No dairy products.

- 1 **CT Scans:** CT or CTA without contrast – No prep. CT or CTA with contrast (or with & without contrast) – Clear liquid diet 3 hours prior to procedure (see key). **ALL CT EXAMS WITH IODINATED CONTRAST:** Verify patient is not allergic to IV contrast. Patient may need to be pre-medicated with Prednisone and Benadryl. Order needed for BUN/CREAT if over age 65, diabetic, and/or history of renal disease/failure.
- 2 **HIDA:** DO NOT eat or drink 4 hours prior to your appointment. DO NOT take any narcotic pain medications 2 hours prior.
- 3 **Cardiac MUGA Scan:** Do not EAT 2 hours prior to exam. May have WATER ONLY.
- 4 **Nuclear Stress Test:**
 - Have a light breakfast (toast or muffin and juice). NO CAFFEINE or DECAFFEINATED beverages for 12 hours before test.
 - ADENOSINE/LEXISCAN – If you have asthma, you should not take any Theophylline medications for 24 hours before the procedure.
 - If you are a diabetic have juice and toast before your test.
 - Also, if you are a diabetic, ask your doctor about how to take your diabetic medication or insulin on the day of your test.
 - Do not take your morning medicines the day of the exam. Bring a list of all your medications with you. Also, bring any medications you may need to take after the test unless your physician has instructed you otherwise.
 - Ask your physician about holding Betablockers for 24 hours prior to test.
 - Alert the staff about any allergies you may have.
 - Let the nurse know if you have glaucoma and/or asthma.
- 5 **Other NM studies requiring prep:** GE REFLUX (for infants), GASTRIC EMPTYING, I-131 WHOLE BODY SCAN, BEXXAR OR ZEVALIN THERAPY, MECKEL'S SCAN, THYROID UPTAKE AND SCAN. Call Centralized Scheduling and they can fax or mail you the appropriate prep.
- 6 **Ultrasound RUQ (Liver, Pancreas, GB, Right Renal, Aorta, Abdomen Complete):** Nothing to eat or drink 12 hours prior to exam. Fat-free meal evening before exam.
- 7 **Ultrasound (Renal/Kidney):** Drink at least 20 oz. of fluid ONE hour prior to the exam. DO NOT EMPTY YOUR BLADDER!
- 8 **Ultrasound (Pelvic or OB):** Drink 32–40 oz. of liquid 1 hour prior to exam. No carbonated beverages, sodas, or coffee. DO NOT EMPTY YOUR BLADDER!
- 9 **Upper GI/Esoophagus: Adult:** Nothing by mouth after midnight. **Infant/Pediatric:** No solid food after midnight. No liquids 4 hours prior.
- 10 **Small Bowel/Enteroclysis/Upper GI with Small Bowel: ADULT:** *Day before exam:* 12:00 NOON – Clear liquid lunch (see key), 1:00 P.M. – Drink at least 1 full glass or more of liquids (see key), 2:00 P.M. – Drink entire contents of 1 bottle of citrate of magnesia (approx. 10 oz./300 mL) COLD (purchase at drugstore), 3:00 PM – Drink at least 1 full glass or more of liquids. 5:00 P.M. – Clear liquid supper, 7:00 P.M. – Drink at least 1 full glass or more of liquids, AFTER 7:00 P.M. – Clear liquids only until midnight. Nothing by mouth after midnight. **PEDIATRIC 6–14 YEARS:** Nothing by mouth after midnight.
- 11 **Barium Enema: Adult (13 years or older):** *Day before exam:* 8:00 A.M. – Clear liquid breakfast (see key) 9:00 A.M. – Drink 8 oz. clear liquid. 10:00 A.M. – Drink 1 full glass of liquid (see key). 11:00 A.M. – Drink 8 oz. clear liquid 12:00 P.M. – Clear liquid lunch. 1:00 P.M. – Drink entire bottle of citrate of magnesia (approx. 10 oz./300 mL) COLD (purchase at drugstore). 2:00 P.M. – Drink 1 full 8 oz. glass of liquid. 3:00 P.M. – Drink 1 full 8 oz. glass of liquids. 4:00 P.M. – Drink 1 full 8 oz. glass of liquid. 5:00 P.M. – Clear liquid supper. 7:00 P.M. – Take 2 Dulcolax tablets with 1 full glass of liquid. 8:00 P.M. – Drink at least 1 full glass of liquid. 9:00 P.M. – Use 1 Dulcolax rectal suppository. **BEDTIME** – Drink 1 full glass of liquid.
DAY OF EXAM: Nothing by mouth until procedure.
FOR AGES 0–12: Call Centralized Scheduling and they can fax or mail you the appropriate prep (based on age).
- 12 **IVP: Adult (16 YRS AND OLDER):** Same as adult prep for Barium Enema listed above.
FOR AGES 0–15: Call Centralized Scheduling and they can fax or mail you the appropriate prep.
- 13 **Mammogram:** No powder, lotion, or deodorant from waist up. Wear a 2-piece outfit.

Memorial Hospital of South Bend & 100 Navarre Place



Navarre Radiology, 5th Floor, Suite 5510
Breast Care Center, 6th Floor, Suite 6655
Hospital Radiology Department, 2nd Floor

Free parking is available in the Navarre Parking Garage. Free Valet parking is available at the Hospital Main Entrance. Wheelchair assistance is available at either location.



Memorial Lighthouse Medical Imaging Center
6901 N. Main St.
Granger, Indiana

Please note: Patients requiring sedation must have responsible party for post-exam transportation present at the time of registration and exam completion.