

	<b>Patient Preparation for Imaging Tests</b>	<b>Number:</b>	<b>MGF002</b>
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Please discuss any concerns with your physician. Questions about your test and prep can be directed to the Medical Imaging Department at 519-376-2121 Ext. 2283

### Bone Mineral Density Test Preparation

- Arrive at the hospital 15 minutes before your appointment and go directly to Central Registration.
- If you normally take calcium supplements, please do not take them the morning of your test.
- Bring a list of all medications that you are currently taking.
- Wear loose fitting clothing with NO zippers, buttons, or embellishments for your appointment. If you are unable to do so, you will be asked to change into a hospital gown.
- You must not have had a barium study or nuclear medicine scan within two weeks of your Bone Mineral Density appointment.
- You must not be pregnant.

### CT Test Preparation

**Patients who have a previous known allergy to radiographic contrast need to be pre-medicated prior to their scan.**

A recent eGFR or creatinine **MUST** be available for patients over 70 years of age and/or with known renal impairment or at high risk for renal impairment (ie. Diabetes, Multiple Myeloma, solitary kidney etc).

Intravenous hydration or “salty soup” prep may be required prior to scan. You may require an injection of x-ray contrast or “dye” to enhance the scan images, which will be explained to you at the time of the scan, if it is needed. **If you are diabetic and must eat when you take your medication, you may have a light dry breakfast on the day of your exam.**

CT Colonography	<ul style="list-style-type: none"> <li>• Patient must buy ‘PICO-SALAX’, a laxative available at the drugstore without prescription</li> <li>• Patient must also pick up “Paper Bag Prep” from any GBHS Medical Imaging Department between the hours of 8am to 4pm</li> <li>• The instructions to follow for the preparation are inside of the paper bag and <b>MUST</b> be followed exactly as listed or the test may be cancelled or rebooked.</li> </ul>
CT Abdomen; CT Abdomen/Pelvis; CT Pelvis; CT Chest/ Abdomen/Pelvis	<ul style="list-style-type: none"> <li>• Do not eat or drink for 4 hours before your test</li> <li>• When you arrive in the CT Department, you will be given a solution to drink. Your test will start 90 – 120 minutes after you have started your drink</li> <li>• Patient should plan to be in CT Department for approximately 2 hours</li> </ul>
CT Enterography/ Small Bowel	<ul style="list-style-type: none"> <li>• <b>The day before your test</b> – clear fluids only after your evening meal</li> <li>• You will be given a solution to drink when you arrive</li> <li>• Your test will start 45 – 60 minutes after you have started your drink</li> <li>• Patient should plan to be in CT Department for approximately 2 hours</li> </ul>
CT Urogram	<ul style="list-style-type: none"> <li>• Drink one (1) litre of water, one hour prior to arrival</li> <li>• You may empty your bladder once, 30 minutes prior to arrival time</li> </ul>
All Other CT Tests	<ul style="list-style-type: none"> <li>• Require no preparation</li> <li>• You will typically be in the Department for about 30 – 45 minutes</li> </ul>

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<b>MRI Test Preparation</b>
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<b>Enterography MRI</b>	<ul style="list-style-type: none"> <li>• <b>The day before your test</b> – clear fluids only after your evening meal</li> <li>• You will be given a solution to drink when you arrive</li> <li>• Your test will start 45 – 60 minutes after you have started your drink</li> <li>• Patient should plan to be in the MRI Department for approximately 2 hours</li> </ul>
<b>All Other Abdominal and/or Pelvic MRI Exams</b>	<ul style="list-style-type: none"> <li>• Nothing to eat or drink 4 hours prior to the test</li> </ul>

<b>Nuclear Medicine Test Preparation</b>
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<b>Thyroid Uptake and Scan</b>	<p>This is a two day test.</p> <ul style="list-style-type: none"> <li>• <b>On the first day of the scan</b>, you will make 2 brief visits to the Nuclear Medicine Department, 1 hour apart. You will be asked to return the next day at the same time.</li> <li>• <b>On the second day of the scan</b>, you will be in the department for about 1 hour.</li> <li>• Unless directed by your physician,             <ul style="list-style-type: none"> <li>○ Stop taking PTU and Tapazole for 1 week prior to test</li> <li>○ Stop taking T3 replacements for 2 weeks prior to test</li> <li>○ Stop taking T4 replacements for 4 weeks prior to test</li> <li>○ Stop taking vitamins containing iodine or consuming seaweed/kelp for 2 weeks prior to the test</li> <li>○ No contrast injections (CT, IVP) in the 6 weeks prior to the test</li> <li>○ Nothing to eat or drink 2 hours prior to arriving for Day 1 of the test</li> </ul> </li> </ul>
<b>Nuclear Cardiac Stress Test (MIBI)</b>	<ul style="list-style-type: none"> <li>• On the morning of your test, have a light breakfast             <ul style="list-style-type: none"> <li>○ No coffee, tea, chocolate, or "cola" soft drinks for 24 hours prior to the test</li> </ul> </li> <li>• Bring a list of all your medications. Wear comfortable clothes</li> <li>• The MIBI test will take about 4 – 6 hours to complete</li> </ul> <p><b>NOTE:</b> Your doctor may stop your heart medications until after this test. Follow the instructions from your doctor's office and talk to your doctor if you have any questions about whether you should stop any medications before the test.</p>
<b>Renogram</b>	<ul style="list-style-type: none"> <li>• <u>Be well-hydrated.</u> Drink at least 2 – 3 glasses of fluids (any type of liquid) on the morning before your test. The test will take approximately 1 hour to complete.</li> </ul>
<b>Bone Scan</b>	<ul style="list-style-type: none"> <li>• This test requires 2 same day visits for total time of 4 – 5 hours</li> <li>• There is no preparation for this test</li> <li>• You will be given an injection to start the test and must wait 2 – 4 hours before starting the imaging. You may leave the building during this time. When you return, you will be in the department about 30 – 60 minutes.</li> </ul>
<b>HIDA Scan</b>	<ul style="list-style-type: none"> <li>• Nothing to eat or drink for 4 hours prior to the test</li> <li>• The test will take approximately 3 hours</li> </ul>

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<b>Gastric Emptying Study</b>	<ul style="list-style-type: none"> <li>Nothing to eat or drink for 12 hours prior to the test.</li> <li>Stop taking for 48h the following medications: Prokinetic agents (ie. Domperidone), opiates and antispasmodic agents (ie. Demerol, Codeine, Morphine) if possible</li> <li>Please call the nuclear medicine department if you have any allergies to egg or wheat products (519-376-2121 ext. 2292)</li> </ul>
<b>H. Pylori Breath Test</b>	<ul style="list-style-type: none"> <li>Nothing to eat or drink 6 hours prior to test</li> <li>Must be off of antibiotics and bismuth (Pepto Bismol) for 30 days prior to the test</li> <li>Must be off of proton-pump inhibitors and Sucralfate for 14 days prior to the test</li> <li>The test will take approximately 15 minutes to complete</li> </ul>

### Ultrasound Test Preparation

<b>Obstetrical Ultrasound</b>	<ul style="list-style-type: none"> <li>Eat and drink as normal</li> <li>1 hour prior to appointment, drink 3 – 8oz. glasses of water</li> <li>Arrive with a full bladder</li> </ul>
<b>Abdomen and Abdomen/Pelvis</b>	<p><b>Morning appointments</b></p> <ul style="list-style-type: none"> <li>No food after midnight, continue to drink water as needed</li> <li>1 hour prior to appointment time, drink 3 – 8oz. glasses of water</li> <li>Arrive with a full bladder</li> </ul> <p><b>Afternoon appointments</b></p> <ul style="list-style-type: none"> <li>Eat a light breakfast, no lunch, continue to drink water as needed</li> <li>1 hour prior to appointment time, drink 3 – 8oz. glasses of water</li> <li>Arrive with a full bladder</li> </ul>
<b>Diabetic Patients</b>	<ul style="list-style-type: none"> <li>May eat, drink water, and take meds as needed, avoid fried and fatty foods</li> <li>1 hour prior to appointment time, drink 3 – 8oz. glasses of water</li> <li>Arrive with a full bladder</li> </ul>
<b>Paediatric Patients</b>	<ul style="list-style-type: none"> <li>No preparation required, drink normally</li> <li>Age 10 or older, follow adult prep instructions</li> </ul>
<b>Hernia Investigation</b>	<ul style="list-style-type: none"> <li>No preparation</li> </ul>
<b>Pelvis</b>	<ul style="list-style-type: none"> <li>Eat and drink as normal</li> <li>1 hour prior to appointment, drink 3 – 8oz. glasses of water</li> <li>Arrive with a full bladder</li> </ul>

### X-Ray Test Preparation

<b>Upper G.I. (Barium Swallow; Small Bowel Series)</b>	<ul style="list-style-type: none"> <li>Do not eat or drink anything from midnight the night before your test until after the test is done. Upper G.I. patients will be in the X-ray Department about 30 – 60 minutes. Small bowel series patients can expect to be in the department for 1 – 4 hours.</li> <li><b>Modified Barium Swallow with Speech Pathologist:</b> No preparation.</li> </ul> <p><b>NOTE:</b> Children under age 16 MAY not require any preparation, depending on indication for the test.</p>
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