

# Patient Instructions / Exam Prep

## **Mammogram**

Wear 2-piece outfit

No deodorant, perfume, or powder on the day of your exam

Bring previous mammogram (if none were performed at UDMI)

## **BIOPSY**

### **Any Body Part**

No aspirin or blood thinners 5 days prior to exam

### **Spinal Tap**

Patient must be accompanied by someone

Blood work is needed prior to exam

## **CT –Computed Tomography**

### **Contrast Scan – *any body part***

No food or drink 4 hrs prior to exam

(includes CT abdomen/pelvis non contrast studies)

### **CT Virtual Colonoscopy**

Obtain instruction sheet and necessary prep kit prior to exam

## **Flouroscopy/X Ray**

### **Upper GI series**

No food or drink 8 hr prior to exam

### **Barium Enema**

Obtain instruction sheet and necessary prep kit prior to exam

## **MRI Scan**

No Pacemaker, Metal, Surgical Clips (IE Heart/Brain)

## **Pain Management**

Patient must bring in prior MRI films if they were not performed at UDMI

Patient must stop aspirin 5 days prior to exam (excludes Baby Aspirin)

## **Nuclear Medicine Scans**

### **Bone Scan**

There is a 2 hr delay between time of injection of isotope and the scan

### **Hepatobiliary Scan (HIDA)**

No food or drink 6 hrs prior to scan

### **Renal Scan**

Hydration with fluid encouraged

### **Thyroid Scan**

24 Hr delay between time of taking iodine pill and scan

Patient must be off thyroid medication please call for specific instructions

### **Cardiac Stress Scan**

Wear light clothing and sneakers

No Caffeine

No hypertension medications morning of exam

### **Pet Scan**

No food or drink after midnight (except water)

If diabetic call for instructions (718) 931-2300

Wear light clothing

### **F-18 Sodium Fluoride Pet Scan**

## **Ultrasound**

### **ABDOMEN/AORTA**

No food or drink 6 hrs prior to exam

### **Abdomen and Pelvic**

No food 6 hrs prior to exam

Drink 1 quart fluid 1 hr prior to exam

### **OB Pelvic/Pelvic/Bladder**

Drink 1 quart fluid 1 hr prior to exam

### **Transrectal**

Obtain instruction sheet and necessary prep kit prior to exam

Hydration with fluid encouraged