

# EXAM PREPS

For your appointment - Please read carefully

## ULTRASOUND

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### ABDOMEN

PREP - Eat a fat-free diet\* the day before your exam. Nothing to eat or drink after midnight on the day of the exam. \*visit: [www.dinw.com](http://www.dinw.com) under the "procedures" tab for fat-free guidelines.

### PELVIS

PREP - Finish drinking 32oz. of water (no other fluids) 1 hour prior to the examination and hold your bladder. There are no food restrictions for this examination.

### BREAST

PREP - You will be asked to remove your bra and wear a patient gown.

### OBSTETRICAL

PREP For 1st trimester drink 32 oz. of water only (no other fluids) 1 hour prior to scheduled examination and hold your bladder.

PREP For 2nd trimester drink 16 oz. of water only (no other fluids) and hold your bladder. For 3rd trimester - No Prep.

### RENAL

PREP - Drink 16 oz. or two glasses of water only (no other fluids). Time drinking this so that you are finished 30 minutes prior to your appointment and hold your bladder.

## MAMMOGRAPHY

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PREP - No powders, deodorants or perfumes. You will be asked to remove your bra and wear a patient gown.

## BONE DENSITOMETRY (DEXA)

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PREP - No calcium or calcium supplements taken the day before the exam and no metal zippers or buttons on clothing. Bring a list of all medications to exam.

## CT

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Creatinine level may be required on contrast exams.

### ABDOMEN / PELVIS

PREP - Pick up two bottles of oral contrast from our imaging center. Your provider may have them to give to you. Follow directions on the bottles. No solid foods after ingestion of first bottle of contrast. Clear liquids up to 2 hours before the procedure. The exam may require an injection of contrast material in addition to the prep.

### WITHOUT Contrast

No Prep required, wear comfortable clothing.

### WITH Contrast

PREP - No solid foods 4 hours prior to exam. Clear liquids only 2 hours prior to exam.

## MRI

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Creatinine level may be required on contrast exams.

### ALL STUDIES

PREP - No metal items may be worn during procedure including: PACEMAKERS, watches, wallets, keys, piercing(s), bras, etc. May require scout film of eyes.

### WITHOUT Contrast

No Prep required, wear comfortable clothing.

### WITH Contrast

PREP - No solid foods 4 hours prior to exam. Clear liquids only 2 hours prior to exam.

## FLUOROSCOPY & ALL OTHER STUDIES

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PREP - Contact 253-841-4353 for exam-specific prep instructions.