

# EXAM PREPS

For your appointment - Please read carefully

## ULTRASOUND

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### ABDOMEN

PREP - Eat a fat-free meal before your exam. Nothing to eat or drink 6 hours prior to appointment. Visit: [dinw.com](http://dinw.com) under the "procedures" tab for fat-free guidelines.

### PELVIS

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

### OBSTETRICAL

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

PREP - For 2nd trimester drink 8 oz. of water only (no other fluids) and hold your bladder.

PREP - For 3rd trimester - No Prep.

### RENAL

PREP - Drink 16 oz. of water only (no other fluids). Time drinking so that you are finished 45 minutes prior to your appointment and hold your bladder.

## MAMMOGRAPHY

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PREP - No powders, deodorants or perfumes.

## BONE DENSITOMETRY (DEXA)

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PREP - No calcium or calcium supplements taken 24 hours prior to exam. No metal zippers or buttons on clothing. Bring a list of all medications and supplements 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 any of our imaging centers. 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 oral contrast.

### 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. You will be asked to wear a patient gown.

## FLUOROSCOPY & ALL OTHER STUDIES

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