

PATIENT NAME: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

APPT DATE and TIME: \_\_\_\_\_ EXAM ORDERED: \_\_\_\_\_

REFERRING PHYSICIAN: \_\_\_\_\_ DIAGNOSIS AND SYMPTOMS: \_\_\_\_\_

IF SOMEONE FROM ABERCROMBIE HAS NOT CALLED YOU WITHIN 24 HOURS OF YOUR APPOINTMENT,  
PLEASE CALL 584-3444 TO PRE-REGISTER

## PATIENT INSTRUCTIONS

**MAMMOGRAPHY:**  BREAST EVALUATION: Arrive 15 minutes early - Screening mammogram, if asymptomatic **OR** Diagnostic mammogram, if symptomatic (additional views and/or ultrasound, if deemed necessary).

**BONE DENSITOMETRY: (Weight limit 300 lbs.)**

DEXA: No calcium supplements 24 hours before appointment time. No I.V. or oral contrast 48 hours before appointment time. No nuclear medicine studies 1 week before appointment time.

**ULTRASOUND EXAMS: (Weight limit 500 lbs.)**

ABDOMINAL ULTRASOUND COMPLETE:

ABDOMINAL ULTRASOUND LIMITED:

Do not eat or drink anything 6 – 8 hours before your exam time. Take daily medications with a sip of water if needed.

PELVIC ULTRASOUND: Eat as normal. Finish drinking 40 ounces of liquid 1 hour prior to appointment time. Full bladder is necessary for exam. Do not empty bladder.

RENAL ULTRASOUND: Eat as normal. Finish 20 oz. of any fluids 1 hour prior to appointment. Do not empty bladder.

**XRAY/FLUORO EXAMS: (Weight limit 350 lbs.)**

BARIUM ENEMA:

**The Day Before Exam:** 1. Drink an 8 oz. glass of water every 2 hours from 12 noon until bedtime. 2. For all meals, starting at lunch, have clear liquids only – such as tea, coffee, jello, and broth. 3. Take 1 bottle of Magnesium Citrate at 3-4 p.m. 4. Take 3 Dulcolax tablets at 6–7 p.m. 5. Nothing by mouth after midnight, except water.

**The Morning of Exam:** 1. Nothing by mouth, not even water. Take any daily medications with a small amount of water. 2. Use 2 Dulcolax suppositories, one at a time. After insertion of each suppository, wait at least 15 minutes before evacuating, even if the urge is strong.

BARIUM SWALLOW:

With tablet  Without tablet

No prep

SMALL BOWEL SERIES:  UPPER GI:

Do not eat or drink anything (including water) after midnight the night before appointment time.

**MRI EXAMS: (Weight limit 350 lbs.)**

MRI WITHOUT CONTRAST  MRA WITHOUT CONTRAST

No preparation needed. You may eat or drink as desired. Take medications as prescribed.

MRI WITH CONTRAST:  MRA WITH CONTRAST:

Do not eat anything 4 hours before appointment time. Please drink 32 oz. of water within 4 hours of appointment time. Take medications as prescribed.

MRI BREAST: Must be performed 7 – 14 days from the first day of menstrual cycle. Do not eat anything 4 hours before appointment time. Please drink 32 oz. of water within 4 hours of appointment time. Take medications as needed.

MRCP: Do not eat or drink anything or take medications 8 hours before appointment time.

MRI ENTEROGRAPHY: **Arrive 1 hour early**

Do not eat anything 4 hours before exam. Please drink 32 oz. of water within 4 hours of appointment time. Take medications as needed. You will be given oral contrast upon arrival. Must bring a snack.

**SPECIAL PROCEDURES/FLUORO: (Weight limit 400 lbs.)**

ARTHROGRAMS:  STEROID INJECTIONS:

EPIDURAL INJECTIONS (must bring driver):

NERVE ROOT BLOCKS (must bring driver):

**ULTRASOUND-GUIDED BREAST BIOPSY/CYST ASPIRATION: (Weight limit 500 lbs.)**

BREAST BIOPSY:

BREAST CYST ASPIRATION:

JOINT CYST ASPIRATION:

Nothing to eat 4 hours prior to exam, small amount of clear liquids is permitted. No blood thinning medication (SEE MEDICATION HOLD LIST) prior to exam – facility will instruct how many days for each medication. Patient will need driver following hip and knee arthrograms. For hip steroid injection patient may bring a driver, but not required. Patients on the following meds require INR and Platelet count [SEE LIST]: Coumadin, Warfarin, Effient and/or Xarelto.

HSG (Hysterosalpingogram): **(Weight limit 350 lbs.)**

Exam must be performed 7- 10 after the first day of menstrual cycle. Start counting the days on the day you start your menstrual period. This exam cannot be performed after the 10<sup>th</sup> day of the cycle. A light meal prior to exam is okay, but prefer stomach to be almost empty.

**Notice:**

**\*Minors must have a parent or legal guardian present for interventional examinations.**

**\*If patient is scheduled for sedation prior to exam, the patient must have a driver. Sedation cannot be given unless a driver is present.**