

Patient Exam Preparations



CT Studies

For all CT studies: Your technologist will provide you with appropriate garments to wear during your procedure along with a lockable storage unit for your belongings. Preparation specific to your particular exam may be listed below.

- **CT with Contrast**

PLEASE DRINK PLENTY OF WATER 24 HOURS PRIOR TO YOUR SCAN. Your study may also require oral contrast which will need to be picked up prior to the appointment. If you have questions, please contact our office: 907-222-4624 for Anchorage or 907-746-4646 for the Valley.

- **CT Enterography**

NO FOOD 4 HOURS PRIOR TO APPOINTMENT. Please plan to arrive one (1) hour before your appointment time. The technologist will provide the patient with oral contrast to drink at specific times while the patient is in the lobby. This will be monitored by the technologist.

- **CTA (Angiogram-Chest, Abdomen, Abdomen/Pelvis, Runoffs)**

No food for 4 hours prior to the exam. Water is the only exception and is encouraged to maintain hydration.

Mammograms

Please do not wear powder, perfume, or deodorant prior to your scan. Your technologist will provide you with a cape and/or robe to wear during your procedure along with a lockable storage unit for your belongings.

DEXA Bone Density

Do not take calcium the day of your scan.

MRI Studies

For all MRI studies, patients will be asked to remove all metallic objects, i.e. hearing aids, dentures and partial plates, metallic body piercings, hair accessories, watches, keys and credit cards. It is helpful if the patient's clothing is comfortable and does not include metal buttons, snaps or zippers; however, the technologist can also provide appropriate garments to wear for the procedure. All belongings can easily be stored in a lockable cabinet or drawer during the exam. Preparation specific to your particular exam may be listed below.

- **MRI Prep (Abdomen, MRCP)**

NO FOOD OR DRINK FOR 4 HOURS PRIOR TO APPOINTMENT. WATER IS THE ONLY EXCEPTION.

- **MRI Enterography**

NO FOOD 4 HOURS PRIOR TO APPOINTMENT.

Please plan to arrive one (1) hour before your appointment time. The technologist will provide the patient with oral contrast to drink at specific times while the patient is in the lobby. This will be monitored by the technologist.

Ultrasound Studies

For any ultrasound, you should wear comfortable, loose-fitting clothing and you may be asked to change into a robe or gown. Additional exam specific instructions are noted below.

NOTHING BY MOUTH 8 HOURS PRIOR (Including Water) For The Following Studies:

- Abdomen Complete or Limited w/Elastography (FibroScan)
- Abdominal Aorta
- Liver Doppler
- Mesenteric Doppler
- Renal Artery Doppler
- Renal Transplant

• **Renal Complete**

Drink 20+ oz. of water 45 minutes prior to appointment. PLEASE DO NOT VOID.

• **OB & Pelvic/Transvaginal**

Drink 32 oz. of water one (1) hour prior to appointment. PLEASE DO NOT VOID. For patients only having a transvaginal study, please arrive with an empty bladder.

• **Hysterosonogram**

Drink 32 oz. of water one (1) hour prior to appointment. PLEASE DO NOT VOID. The exam is performed on days 7-11 of the menstrual cycle. Day 1 is the first day of the patient's menstrual flow.

• **Carotid/Upper & Lower Extremity Arterial**

NO CAFFEINE or other stimulants one (1) hour prior to exam.

Notify our office as soon as possible if you are unable to keep your appointment.

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