



PATIENT PREPARATION INSTRUCTIONS

ULTRASOUND

Abdomen or gallbladder:

- a. Do not eat or drink after midnight before your exam.
- b. Oral medications may be taken with small sips of water.

Renal (Kidneys): Come in with **full** bladder.

Adult Pelvic and Obstetric: No Preparation. This examination does not require a full bladder.

Hysterosonogram: No preparation necessary.

Additional Studies: No prep required unless otherwise directed.

Pediatric Pelvic: One hour before your appointment, drink 8 to 16 oz. of water. Do not empty bladder for one hour before exam.

UPPER GI SERIES

Light evening meal on the day before your exam; nothing by mouth after 10 PM. No smoking or gum chewing after midnight.

ESOPHAGRAM: No preparation necessary.

BARIUM ENEMA (Colon or Large Bowel study) or CT COLONOSCOPY

You will need the following supplies which are available at any pharmacy: 10 oz. Magnesium Citrate, 4 Dulcolax tablets (5 mgs. each), and 1 Dulcolax suppository or pick up a kit at either Bremerton or Silverdale AMI offices.

Adults: *On the day before your exam:*

1. Lunch - Light meal but avoid dairy products, vegetables and fruit.
2. 1 PM - Drink one glass of water.
3. 2 PM - Drink the 10 oz. Magnesium Citrate.
4. 3 PM - Drink one glass of water.
5. 5 PM - Take the 4 Dulcolax tablets with one glass of water.
6. 6 PM - Clear liquid supper: Broth, plain jello, coffee, tea or noncarbonated beverage. No milk products, fruit or vegetables.
7. Drink plenty of clear liquids the rest of the evening.

On the morning of your exam:

1. Nothing to eat or drink. Do not chew gum. Do not smoke.
2. Use the Dulcolax suppository (place in rectum) at least two hours prior to exam time. Try to retain suppository in rectum for at least 20 minutes.

Children up to 6 years: No preparation necessary.

Children 6-12 years: Same instructions as adults, except give only 5 oz. Magnesium Citrate and 2 Dulcolax tablets.

INTRAVENOUS PYELOGRAM (IVP)

Children:

Infants to 1 year: No preparation necessary.

Ages 1 to 12 years: No breakfast or liquids on the day of the exam only.

Over 12 years: Same as for adults.

Adults: The day before the exam you may have normal breakfast and lunch. Have only clear liquids for the rest of the day, including a liquid supper. Do not drink milk. One hour before the liquid supper, take 4 Dulcolax laxative tablets (children take 2 tablets). You may continue clear liquids until 10 PM. No breakfast or liquids on the morning of the exam.

MRI (Magnetic Resonance Imaging)

Nothing to eat or drink by mouth 4 hours prior to exam for a MRA chest and/or abdomen. Nothing to eat or drink by mouth 6 hours prior to exam for MRI abdomen, MRCP. Nothing to eat or drink 6 hours prior for female pelvis. If you must take medications, call 360-377-7226 for instructions.

CT (Computed Tomography)

Patient should be well hydrated with water.

Do not eat any solid foods four hours prior to your exam, unless otherwise instructed when your appointment is made. Clear liquids are allowed prior to exam. Pelvic/abdomen combined exams and Pelvic only exams require you to drink contrast 2 hours before exam. Drink the first bottle 2 hours before exam and the second bottle 1 hour before exam. Nothing to eat until exam is over.

NUCLEAR MEDICINE

No preparation needed for Bone, Lung, or Renal (kidneys) scans; all others should have nothing by mouth (NPO) after midnight prior to their scans.