



TRINITY HEALTH RADIOLOGY
GRAND RAPIDS PATIENT PREPARATION

Name: _____

Check Exam Ordered Below to include [] IV Contrast [] Oral Contrast

Appt. Date: _____ Time: _____
Please register in advance by calling 616.685.4000 opt 2
To re-schedule an appt.: 616.685.4000

Your appt. is scheduled at Trinity Health Radiology:
[] Grand Rapids, 200 Jefferson SE [] Hudsonville, 3925 32nd Ave
[] East Beltline, 1471 East Beltline [] Ada, 6745 East Fulton St..
[] Southwest, 2373 64th St., Byron Ctr.
[] Rockford, 6050 Northland Dr.

To Patient for ALL PROCEDURES:

- All prescribed medications should be taken as usual, unless instructed differently by your physician or in preps below.
Patient History of allergy to iodine, x-ray dye, or IV contrast? If yes, contact your physician and notify Radiology Services
Prior Films taken at other facilities It is important to bring any films of the area being studied with you to your procedure.
For their safety, young children should not be brought to procedures, unless a second adult is present to attend them.
Asterisked (*) Procedures require fasting. Diabetic patients using insulin should consult their doctor regarding changes in dosing etc.

ULTRASOUND (US) PATIENT PREPS

[] LIVER, GALLBLADDER, PANCREAS, SPLEEN, AORTA OR ADRENALS

Do not eat, drink, or chew gum for 8 hours prior to your exam. The exam will take approximately 30 minutes.

[] KIDNEYS/RENAL (Non-transplant) (Retroperitoneal Ltd)

Do not eat or drink anything four hours prior to your exam. The exam will take approximately 30 minutes.

[] KIDNEYS WITH BLADDER (Retroperitoneal Complete)

Do not eat anything for four hours prior to your exam. You must consume 32 ounces of water, finishing one hour before your appointment. Do not urinate after drinking. Approximate length of exam is 45 minutes.

[] PELVIS OR OBSTETRICAL (Pregnancy)

Eat a normal diet, but you must finish drinking 32 ounces of (any) fluid one hour before your appointment and do not urinate after drinking (you must have a full bladder for this exam). The exam will take approximately 60 minutes. Your exam could be significantly delayed or possibly rescheduled if you forget to drink 32 ounces of fluid one hour before your exam, or if you accidentally go to the bathroom prior to the exam. We allow up to two guests for the obstetrical exam. Please refrain from the use of video cameras and or cell phone video.

[] FETAL AGE-GROWTH (Pregnancy)

Do prep for PELVIS examination, see above.

Approximate length of exam is 45 minutes.

- One additional person may be present during the exam.
One black and white image will be given to the patient.
An infant sex can be projected only 40% of the time.
You will not be given your results at the time of your exam. The Radiologist's report will go to your doctor.

[] MESENTERIC DOPPLER

Do not eat or drink anything 8 hours before the exam. Approximate length of exam is 1 hours.

[] PROSTATE

One hour prior to your exam, give yourself a fleet enema. Fleet enemas can be purchased at any pharmacy. The enema cleans the rectum, which will improve our ability to see your prostate gland. The Exam will take approximately 45 minutes.

ULTRASOUND (US) PATIENT PREPS (cont.)

[] ALL OTHER STUDIES

(DUPLEX, LEGS/ARMS, THYROID, TESTICLES)

No prep required. Approximate length of exam is one (1) hour.

COMPUTERIZED TOMOGRAPHY (CT) PATIENT PREPS

[] BRAIN/HEAD CT SCAN

- Nothing to eat or drink four (4) hours before your exam.
Arrive 15 minutes prior to appointment time.

[] THORAX (CHEST) CT SCAN

- Nothing to eat or drink four (4) hours before your study.
Arrive 15 minutes prior to appointment time.

[] SPINE CT SCAN

- Nothing to eat or drink four (4) hours before your exam.
Arrive 15 minutes prior to appointment time for paperwork.

[] EXTREMITY CT SCAN

- Nothing to eat or drink four (4) hours before your exam.
Arrive 15 minutes prior to appointment time.

[] ABDOMEN, PELVIS, ABDOMEN & PELVIS CT SCAN

- Prior to exam (at least one day before), you need to come to the Radiology Services (hospital main hallway) and pick up oral contrast drink.
4 hours prior to procedure stop eating: _____(time)
2 hours prior to procedure drink contrast: _____(time)
Arrive at least 30 minutes before your exam in order to drink an additional amount of the oral contrast, which will be given to you by one of our staff members.

[] ENTEROGRAPHY CT SCAN (No oral contrast prior to exam)

- Nothing to eat or drink four (4) hours before your study.
Arrive 90 minutes prior to appointment time.

[] UROGRAM CT SCAN (No oral contrast required)

- Nothing to eat or drink four (4) hours before your study.
Arrive 30 minutes prior to appointment time.
Abdomen X-Ray upon arrival - prior to exam.

[] TAVR / ANGIOGRAPHY (No oral contrast required)

- Nothing to eat or drink four (4) hours before your study.
Arrive 30 minutes prior to appointment time.

[] CORONARY (No oral contrast required)

- Nothing to eat or drink four (4) hours before your study.
Arrive 60 minutes prior to appointment time.

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To Patient for ALL PROCEDURES:

- **All prescribed medications should be taken as usual, unless instructed differently by your physician or in preps below.**
- **Patient History of allergy to iodine, x-ray dye, or IV contrast?** If yes, contact your physician and notify Radiology Services 685- 6200 option 4, at least 24 hours before your appointment. An alternative test or prescription for pre-medication may be required.
- **Prior Films taken at other facilities** It is important to bring any films of the area being studied with you to your procedure.
- **For their safety, young children should not be brought to procedures, unless a second adult is present to attend them.**
- Asterisked (*) Procedures require fasting. Diabetic patients using insulin should consult their doctor regarding changes in dosing etc.

NUCLEAR MEDICINE EXAM PATIENT PREPS

GALLBLADDER SCAN (HIDA)

Do not eat or drink anything 4 hours before your exam, this includes tube feeding or IV nutrition. Do not chew gum. You will need to be off all narcotic medications 24 hours prior to the scan, including: Darvocet, Vicodin, Codeine, Morphine etc. Take non-prescription pain medications with small sips of water. This test will take 2 hours to complete.

BONE SCAN

No prep required. Please bring any films **that pertain to the area we are scanning** (CT, MR, X-ray) with you if they were not taken at Saint Mary's. You will receive an injection and then have images taken 1.5 – 3 hours later.

Injection Time: _____ Scan Time _____

CARDIAC SCAN

Do not have anything to eat or drink for 4 - 6 hours before your appointment. No caffeine for 12 hours **before your appointment**. This test will take 3 – 3.5 hours to complete.

THYROID SCAN

Do not take any vitamins for 3 days before your exam. You will need to be off certain thyroid medications for 2 - 4 weeks. Please consult with your physician. You need to wait 2 – 4 weeks after receiving **iodine contrast material** (like for a CT scan) before having a thyroid scan.

GASTRIC EMPTYING

- No food, drink, or gum for 6 hours before your appt.
- **No Smoking** for 24 hrs. before your appt.
- Blood glucose will be checked & must be below 180 mg/dL. For exam, you will eat an egg sandwich.
- Images are taken every 30 minutes for 2 hours & 1 image again at 4 hours.

MRI EXAM PATIENT PREPS

MRI with CONSCIOUS SEDATION *

If a patient requires sedation, a driver is required. Patients should take their medications according to schedule prior to the exam. Medications can be taken with a small amount of water if necessary, otherwise nothing to eat or drink for 8 hours prior to the exam.

MRI PROSTATE OR RECTAL EXAM

- Light diet day before exam.
- No coffee or tea 4 hours prior to exam.
- Do a Fleets enema 1-3 hours prior to exam.
- Prostate exam, no sexual activity for 72 hours prior.

DIAGNOSTIC RADIOLOGY (X-RAY) PATIENT PREP

BARIUM ENEMA (contrast or air) *

Two days before your appointment:

- You may have a liquid, low residue diet (example: clear soup, fruit juices or vegetable juices, plain Jell-O, tea, black coffee, or soft drinks).

One day before your appointment:

- Limit your diet to "Ensure or Sustical" high protein, low residue products by Ross & Mead companies, which can be purchased at most drug or grocery stores. Use 3 or more cans on this day.
- Drink at least 1 to 1 ½ quarts of water.
- **No** milk or milk products.
- Between 4:00-6:00 p.m. the night before your appointment, drink 10 oz. Citrate of Magnesium (laxative). Medications may be taken with small sips of water.

Day of appointment:

- You may have coffee or tea with sugar before 7:00 am.

BARIUM SWALLOW/ ESOPHAGRAM ONLY

- No food or drink four (4) hours prior to procedure.

UGI, UGI & SMALL BOWEL, UGI & BARIUM SWALLOW *

On the evening before your appointment:

- Do not eat or drink anything after 11:00pm. Medications may be taken with small sips of water.

On the day of the appointment:

- Do not eat or drink anything. Do not chew gum or smoke
 - If your appt. is scheduled after 11:00 am, you may drink coffee or tea in the morning before 8 am.
- NOTE:** Small Bowel exams take anywhere from one to four hours to complete depending on how fast the barium moves through your small bowel.

INTRAVENOUS PYELOGRAM (IVP) *

On the evening before your appointment:

- Eat a light dinner at 5:00 p.m.
- 6:00 p.m. drink 10 oz Citrate of Magnesium (laxative) or 2oz. of Castor Oil.
- Drink fluids up until 11:00 p.m.; then do not eat or drink anything. Medications may be taken with small sips of water.

Morning of appointment:

- You may have coffee or tea with sugar before 7am, then water only.
- If your appt. is scheduled after 11am, you may have a light breakfast with coffee or tea before 7am. After 7 am, water only until time of appointment.

Previous allergy to iodine, see instruction at the top of form.