

## **Patient Prep Instructions**

### **General Instructions**

1. If available, you should bring prior related studies to the imaging center at the time of your appointment for comparison purposes.
2. Leave your valuables at home during your examination.
3. Please bring your insurance cards, identification, and your prescription, authorization, and/or referral.

### **CT Scan**

1. For all CT scan procedures that require IV contrast, do not eat or drink at least 4 hours prior to exam.
2. Abdomen and/or Pelvis CT exams may require drinking oral contrast several hours prior to exam. This contrast may be picked up at our reception desk or in your doctor's office, prior to the date of exam. Please contact us for specific instructions.
3. Please supply BUN/Creatinine levels for all patients over 65 years of age. Diabetics, please call for specific instructions.

### **Nuclear Medicine**

1. HIDA, Gastric Emptying and Reflux scans require no food or drink 4 hours prior to exam.
2. Thyroid scans require the patient to be off thyroid medication for 4 weeks, and have consumed no seafood 24 hours prior to exam.
3. Thyroid, Bone and Gallium scans require multiple visits to complete scans.

### **MRI**

1. The patient will be screened for metallic implants or devices including a pacemaker, brain aneurysm clip, cochlear implants, other medical devices or any possibility of metal fragments in their eyes or body.

### **How do I prepare for my MRI?**

Because we use a large magnet in the MRI, no metallic objects or mechanical devices can enter the imaging room. You may want to keep this in mind when deciding what to wear to your MRI appointment. Below is a list of suggestions to help you prepare.

**Clothing:** Wear something light weight and comfortable that is easy to take on and off. Avoid wearing clothing that has a lot of metal snaps, zippers or hooks.

**Jewelry:** All metal jewelry and watches must be removed.

**Hair products:** Many hair products, such as "Topik" to cover hair loss, or attachable hair weaves contain magnetic particles, and they must be removed.

**Hair accessories:** Any hair clips, ties, or pins that are made of metal or have metal parts on them must be removed.

**Make-up:** Because some make up, particularly mascara, is made with a metallic base, it is best not to wear much make up the day of your appointment.

**Dental devices:** If you wear dentures, or partial dental plates, they must be removed.

**Medication & diet:** You may continue to take any routine medications prescribed by your physician and there are no dietary restrictions **unless** you are instructed otherwise by your referring physician.

**Special considerations:** Because we use a strong magnet in the MRI, patients who have pacemakers cannot have an MRI exam. You will be asked to complete an MRI Patient Screening form prior to your exam. Additional information or testing may be needed prior to your MRI exam to ensure that it is safe for you to have this test:

- if you have any other implanted medical devices such as cochlear implants, penile implants, aneurysm clips, artificial heart valves, or recent cardiac stent
- or if you have metal shavings or gunshot shrapnel in the face or eye.