

PATIENT INSTRUCTIONS

ULTRASOUND PREPARATIONS

ABDOMINAL ULTRASOUND

- Fat free dinner the night before examination.
- No dairy products or fried foods.
- No carbonated drinks 12 hours prior to examination.
- Nothing to eat or drink after midnight.

PELVIC/OBSTETRICAL OR TRANSABDOMINAL PROSTATE

- Drink 6 large glasses (48 oz.) of clear fluids (water, juice, black coffee or tea).
- You must be finished drinking all 48 oz. of fluid one hour before the examination.
- DO NOT VOID – A full bladder is necessary for the examination.
- Please eat breakfast and lunch.

ABDOMINAL/PELVIC TOGETHER

- Fat free dinner the night before examination.
- Nothing to eat after midnight.
- Drink 6 large glasses (48 oz.) of clear fluids (water, juice, coffee or tea) one hour before examination).
- DO NOT VOID – A full bladder is necessary for the examination.

SCROTUM ULTRASOUND

THYROID ULTRASOUND

MUSCULOSKELETAL ULTRASOUND

No preparation required.

TRANSRECTAL PROSTATE ULTRASOUND PREPARATIONS:

- 1) Purchase FLEET ENEMA from the pharmacy. Follow instructions in the package. Take the enema 2 hours before the appointment time.
- 2) Drink 5 glasses of water 1 hour before examination. DO NOT VOID (urinate) until the examination is completed.

X-RAY PREPARATIONS

GASTRIC SERIES (UGI)

- Nothing to eat or drink after midnight.

SMALL BOWEL FOLLOW-THROUGH

- Nothing to eat or drink after midnight.
- This examination may take 1-3 hours.

BARIUM ENEMA (COLON - AIR CONTRAST)

ON THE DAY PRIOR TO THE EXAMINATION:

- 12 noon – liquid lunch
- Take "Royvac" at 12:30 p.m. Follow instructions on package.
- Liquids only until midnight. No solids after midnight. If diabetic consult your Doctor.

MAMMOGRAM

- No deodorant or powder.

BONE DENSITOMETRY

- No preparation required.

PULMONARY FUNCTION TESTS

- Wear comfortable shoes, with a rubber sole (running shoes) and loose fitting clothes.
- DO NOT TAKE ANY ALLERGY, COLD, OR ASTHMA MEDICATION (PUFFERS) 24 HRS BEFORE TEST.

CERTAIN EXAMINATIONS ARE DONE AT SPECIFIC LOCATIONS. PLEASE CALL FOR FURTHER INFORMATION.

PLEASE BRING THIS REQUISITION AND YOUR HEALTH CARD.

NORTH YORK:

- 2065 Finch Ave. W. #B1 (Oakdale Professional Bldg)
PH: 416-745-8050 FX: 416-745-1125
- 2115 Finch Ave. W. #101 (York-Finch Medical Centre)
PH: 416-744-2655 FX: 416-744-0581
(*booking line for this location only)
PH: 416-744-2704

VAUGHAN:

- 8333 Weston Rd. #B04 (Columbus Medical Arts Bldg)
PH: 905-850-7478 FX: 905-850-6934
(*booking line for this location only)
PH: 905-850-2265

MISSISSAUGA:

- 3461 Dixie Rd. #201 at Bloor (High Point Medical Centre)
PH: 905-625-9886 FX: 905-625-0780
- 1420 Burnhamthorpe Rd. E. #103 (at Dixie)
PH: 905-624-3869 FX: 905-624-5660
- 3420 Hurontario St. #205 at West Central Pkwy. (City Centre Medical Arts Bldg)
PH: 905-270-5933 FX: 905-270-6169

Associated Divisions - at above addresses

- OBSP - North York West - The Lastman Clinic
- OBSP - Mississauga - Mississauga Breast Imaging Centre
- OBSP - Vaughan - Vaughan Breast Imaging Centre
- Mississauga Vascular Lab
- North York West Vascular Lab
- Vaughan Vascular Lab
- Vaughan Nuclear Medicine Services
- Vaughan Imaging Consultants
- Ontario Musculoskeletal Imaging Centre (OMIC)
- York Finch Radiology Associates

NUCLEAR MEDICINE PATIENT INSTRUCTIONS

Please advise if pregnant or breast feeding.

THYROID UPTAKE AND SCAN

- Thyroid medication will affect the outcome of the test.
- Check with your Doctor regarding your medications.
- Please bring a list of all medications.
- DAY 1: nothing to eat or drink during 1 hour prior to test.
- DAY 2: no restrictions, resume regular diet
- No iodinated contrast injection (angiography, CT, IVP) in the prior 6 weeks.

SALIVARY SCAN

- No iodinated contrast injection (angiography, CT, IVP) in the prior 6 weeks.

RENAL SCAN WITH GFR

- Drink 2 glasses of water / juice 30 minutes prior to test.

RENAL CAPTOPRIL STUDY

- Nothing to eat 4 hours prior to the test.
- Patients should be off ACE inhibitors for 72 hours prior to test.
- Please check with your referring Doctor.
- Bring all medications you are taking with list of dosage amount and frequency.

LIVER / SPLEEN SCAN, RBC LIVER, GALLIUM SCAN, LUNG V/Q SCAN, PARATHYROID SCAN, BONE SCAN

- No preparation required.
- No barium for 48 hours prior.

HEPATOBIILIARY (HIDA) SCAN

- Nothing to eat or drink for 4 hours prior to test.

V/Q LUNG SCAN

- Must have chest x-ray 24 hours prior to test.

NUCLEAR CARDIOLOGY

- Patients should check with their Doctor whether or not to discontinue use of any HEART MEDICATIONS.
- Patients should have no breakfast on the day of the test and NO CAFFEINE (tea, coffee, chocolate, cola) 12 hours prior to test.
- Bring comfortable running shoes and shorts or pants for the exercise test.
- Bring all HEART AND OTHER MEDICATIONS you are currently taking / bring list of with dosage amount and frequency.
- The MYOCARDIAL PERFUSION STUDY examination consists of two parts which last approximately 5-6 hours in total duration. The majority of the time will be spent in the department.
- The Resting MUGA (ventricular function) consists of one part and lasts about 1-1.5 hours.

DIABETICS

- A) If ON INSULIN: light breakfast the morning of the test, and take half the usual morning insulin dose.
 - B) If on ORAL MEDICATION: light breakfast, and do not take diabetes medication before the test. After the test, you may eat and take your medication.
- Certain medications should be stopped, if possible, before the test if permitted by your Doctor.