

# Patient Preparation Instructions for Imaging Examinations



## **Important information for all imaging examinations**

Please be sure to register **15 minutes** prior to the appointment time.

Prior insurance authorization may be required by your insurance company for your imaging study. Please confirm that you have insurance approval. Please be sure to bring any insurance information (card and authorization) with you at the time of your appointment.

**Allergies to Contrast:** If you have a history of contrast reaction, then your ordering physician is responsible for prescribing the necessary pre-medications for you.

**Diabetic Patients:** If you are a diabetic patient taking any medication that contains Metformin (Glucophage, Glucovance, Metaglip, Actoplus, Prandimet, Kombiglyze, Janumet, Avandamet, Fortamet, Riomet) and are scheduled for an examination that requires IV contrast (CT, IVP, or Arthrogram) **DO NOT** take your medications on the day of your appointment and for 48 hours following completion of your imaging examination. You **MUST** follow up with your physician for instructions/blood test on when to resume this medication.

**Creatinine Blood Test:** This test must be completed no later than 60 days prior to a patient undergoing either a CT or MRI imaging examination that will entail use of intravascular contrast.

## **Preparation for specific imaging examinations**

### **CT Imaging Examinations**

#### **General Instructions**

The patient should have **NOTHING** to eat for 4 hours prior to a CT examination. Patients may only have clear liquids (water, apple juice). Patients should take their medications at the normal time with clear liquids only. Patients should not take Metformin the morning of the imaging study. Some patients may need to drink oral contrast. If the patient was dispensed oral contrast by the scheduling clinic, then the patient should drink the bottle 2 hours prior to their scheduled appointment. If the patient did not receive the contrast prior to his/her scheduled appointment time, then he/she must arrive in Radiology 2 hours prior to their examination time. Mediports may be used for certain studies when there is a registered (RN) nurse on duty. If you need additional information, please call Radiology's nursing team at 303-602-4141.

#### **CT Examination of Head/Neck/Chest – with Contrast only**

(No special prep necessary without contrast) Nothing to eat or drink for 4 hours prior to the examination. If the patient has allergies to contrast, then the patient's physician is responsible for prescribing necessary pre-medications. **For diabetic patients having a CT examination with IV contrast, please see the instructions above.** Take all non-diabetic medications as directed.

#### **CT Examination of Pelvis – With or Without Contrast**

Nothing to eat or drink for 4 hours prior to the examination. Drink first bottle of contrast 2 hours prior to the examination; drink the second bottle of contrast 60 minutes prior to the examination. If the patient has allergies to contrast, then the patient's physician is responsible for prescribing necessary pre-medications. For diabetic patients having a CT examination with IV contrast, please see the instructions on Denver Health's Pulse (13 hour prep). Take all non-diabetic medications as directed.

#### **CT Examination of Abdomen and Abdomen/Pelvis With or Without Contrast**

Nothing to eat or drink for 4 hours prior to the examination. Drink first bottle of contrast 2 hours prior to the examination; drink the second bottle of contrast 60 minutes prior to the examination. If the patient has allergies to contrast, then the patient's physician is responsible for prescribing necessary pre-medications. For diabetic patients having a CT examination with IV contrast, please see the instructions above. Take all non-diabetic medications as directed.

#### **CT Examination Without Contrast**

No preparation is required.

## **GI Fluoroscopy**

### **Upper GI or Essophagram**

Allow 1 hour for this examination. The patient should have nothing to eat or drink after midnight, or 6 hours prior to the imaging study.

### **Small Bowel Series**

Allow 2-4 hours for this examination. The patient should have nothing to eat or drink after midnight, or 6 hours prior to the imaging study.

### **Barium Enema or Air Contrast Enema**

Allow 2 hours for this examination. Follow instructions given with the barium enema prep kit.

### **Hysterosalpingogram**

Patients must be scheduled within the first 10 days of their menstruation, beginning with and including the first day of the menses.

## **Mammography**

If your last mammogram was NOT done at Denver Health, then you MUST bring a copy of your most recent imaging studies with you. Radiology must have a copy of your previous images for comparison purposes in order to allow for an accurate read. If you are having your previous images delivered to Denver Health, then please address these questions to Denver Health Radiology, 777 Bannock Street, MC 0024, Denver, CO 80204.

Do not use any deodorant, perfume, powder, ointment, or any other skin products on your chest, breast, or under arms on the day of the appointment.

To achieve diagnostic images of the breast, the breast must be firmly compressed. Most women find this compression acceptable. If your breasts are especially tender, then we suggest that you schedule your appointment when your breasts are the least sensitive (usually during the first 10 days of your menstrual cycle). Results will be reported to your clinician who will then communicate the findings to you.

**IMPORTANT NOTE:** Federal law requires that Denver Health send you a letter with your mammography results within 30 days. Please be advised that children under 14 years of age need to be supervised by another adult at all times, and are not allowed to be in our examination rooms.

## MRI Examinations

### Important MRI Examination Risks

Patients with metallic implants, pacemakers, metal clips, or stents must notify Radiology prior to the MRI appointment. The items listed below may interfere with MRI studies, or they may be hazardous to your study. If you have any of the following, please contact Radiology's MRI section at 303-602-4123 and relay to them the make and model of the device prior to your scheduled appointment time.

Cardiac Pacemaker  
Shrapnel  
Neuro Stimulator

Pregnancy  
Bone Stimulator  
IUD

Insulin Pump  
Brain or Aneurysm Clips  
Breast Tissue Expanders

### Claustrophobia Management

If you are claustrophobic, then please ask your physician to prescribe anti-anxiety medications to take prior to the MRI study on the day of your examination. **For your own safety if you have taken an anti-anxiety medication, then you will be required to have a designated driver to drive you home once the study is complete.**

### Cardiac MRI

No coffee (decaf or regular), caffeine, tea, or chocolate for 24 hours prior to the examination.

### Mesenteric Ischemia MRI

Nothing to eat or drink for 6 hours prior to the examination. You may have water only.

### MRI Enterography

You must arrive in Radiology and be registered 1 hour prior to the examination so that oral contrast can be administered. No food or drink for 4 hours prior to the examination. You may have water only.

### MRCP

No food or drink for 6 hours prior to the examination. You may have water only.

### MRI Abdomen or MRI Pelvis (non-musculoskeletal)

No food or drink for 4 hours prior to the examination, if possible. This will aid the radiologist in distinguishing the anatomy of the area of interest during your examination.

### MRI Breast

Please schedule your breast MRI within 7-10 days of your menstrual cycle. If the MRI breast order is urgent, then this preparation will not be enforced.

## Nuclear Medicine

### Cardiac Treadmill and Persantine and Dobutamine Stress Test

This examination is typically a same day, 2-part procedure. Please allow 3-4 hours for this test. The patient should have nothing to eat or drink for 6 hours prior to the imaging study, no caffeine for 12 hours prior to the study. If the study is performed on 2 separate days, then the patient should allow for 2 hours on the first day and 1 hour on the second day for this examination. The patient should have nothing to eat or drink for 6 hours prior to the examination on both days. No caffeine for 12 hours prior to the imaging study.

### DXA - Bone Densitometry Study

Allow 45 minutes for this imaging study. There exists no restrictions on food or drink.

## **DXA - Whole Body Bone Scan**

Allow 3-5 hours for this bone scan; you will receive an injection of the tracer in the morning and have the actual whole body scan in the afternoon. This imaging study does not require any food or drink restriction.

## **Ultrasound**

### **Renal or Kidney Ultrasound**

Drink three 8 oz. glasses of water. You must finish drinking all of the water 1 hour prior to arriving for your imaging study. DO NOT empty your bladder. NOTE: These imaging studies require a full urinary bladder in order to be able to obtain a successful image. If your bladder is not full at the time of your appointment, then your appointment may be postponed/rescheduled. Pregnant patients should drink the water slowly.

### **Pelvis or Lower Abdomen, OG/GYN, Male Lower Ultrasound Studies**

Drink four 8 oz. glasses of water. You must finish drinking all of the water 1 hour prior to arriving for your imaging study. DO NOT empty your bladder. NOTE: These imaging studies require a full urinary bladder in order to be able to obtain a successful image. If your bladder is not full at the time of your appointment, then your appointment may be postponed/rescheduled. Pregnant patients should drink the water slowly.

### **Upper Abdomen, General Survey Ultrasound Study (Aorta, gall bladder, inferior vena cava, liver, pancreas, renal stenosis, retro-peritoneal, spleen)**

Nothing to eat or drink after midnight the day prior to your US appointment.

### **Renal Transplant, Thyroid, and Vascular Ultrasound Studies**

No preparation is necessary.

