Quick Reference Guide To: Outpatient Services - Radiology and Imaging Services
Radiology & Imaging (LCRH & Imaging Center)
Preparation Instructions

LCRH IMAGING EXAM PREPARATIONS

ATTENTION: MRI, CT and Other Contrasted Exams:
Patients 60 and older, diabetic, liver or renal disease are required to have a blood test for BUN and Creatinine within 6 weeks prior to exam.

Magnetic Resonance Imaging (MRI)

Contraindications (not limited to the following):
- Cardiac Pacemaker/Defibrillator
- Cochlear Implants
- Neurostimulators
- Surgery in the last 6 weeks? Were staples or any other metal placed within body?
- Hospital MRI Weight Limit: 260 lbs.
- Imaging Center MRI Weight Limit: 290 lbs.

Exam Preparation Instructions:
- MRI - No prep is needed prior to exam unless MRCP
  NPO 6 to 8 hours "30 minutes"
- Spine or Extremity Exams - Prior films are needed "30 minutes"
- Patients should wear loose clothing with
  NO metal (snaps, zippers, etc).

Computed Tomography (CT)

Exam Preparation Instructions:
***All exams - 30 minutes each***
- CT Abdomen without contrast only = No prep
- CT Abdomen with contrast = NPO 4 to 6 hours
- CT Abdomen and Pelvis w/out = No prep
- CT Abdomen and Pelvis w/ contrast = NPO 4 to 6 hours
- CT Angiograms (ALL) w/ contrast = NPO 4 to 6 hours
- CT Brain without contrast only = No prep
- CT Brain with contrast = NPO 4 to 6 hours
- CT Chest without contrast = No prep
- CT Chest with contrast = NPO 4 to 6 hours
- CT Extremities without contrast = No prep
- CT Neck Soft Tissue with contrast = NPO 4 to 6 hours
- CT of Pelvis without contrast = No prep
- CT of Pelvis with contrast = NPO 4 to 6 hours
- CT Sinus, Facial, Orbits without contrast = No prep
- CT Sinus, Facial, Orbits with contrast = NPO 4 to 6 hours
- CT Spines = No prep

Radiology (Digital Fluoroscopy)

Exam Preparation Instructions (Adult):
- Barium Enema = (For small children pls call Radiology Dept for instructions): **45 minutes**
  Two days prior to test:
  1. Drink lots of clear liquids
  One day prior to test:
  1. No solid foods after 10:00 am
  2. For lunch take only clear liquids (Jello, Chicken/beef broth, Tea, etc.)
  3. At 1:00 pm, drink one (8oz) cup of water
  4. At 3:00pm, drink 10oz of Magnesium Citrate Laxative. (available at most pharmacies)
  5. At 4:00pm, drink one (8oz) cup of water
  6. For supper, take only clear liquids. No food.
  7. At 6:00pm, take (3) Ducolax Laxative tablets (swallow whole with 8oz clear liquids).
  8. At 8:00pm, drink one (8oz) cup of water
  9. At 10:00pm, drink one (8oz) cup of clear liquids
- Air contrast Barium Enema:
  1. Same prep for Barium Enema except you are not to have solid foods for 2 days prior to examination.
  2. Please allow at least one hour for exam. Stools may be white or chalky. **60 minutes**
- Esophagus (Barium Swallow) = NPO after midnight "30 minutes"
- Hysterosalpingiogram = NPO after midnight "45 minutes"
- Small Bowel = NPO after midnight "60 minutes"
- Upper GI = NPO after midnight "30 minutes"
- Arthrogram = BUN & Creatinine in the last 6 weeks prior to exam. "60 minutes"

****Denotes Estimated Exam Duration
NPO means nothing to eat or drink
**Radiology & Imaging (LCRH & Imaging Center)**

**Preparation Instructions**

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**LCRH IMAGING EXAM PREPARATIONS**

**ATTENTION:** Prior Mammography Images (Film/Disk):
Patients who have had a previous mammogram and it was not performed at the Imaging Center; prior films must be brought with them at the time of appointment for comparison or the exam is subject to be rescheduled.

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### Digital Mammography

**Guidelines for Mammography Exams:**

- Screening = Routine annual exam **“30 minutes”**
- Diagnostic = Prior history of breast cancer **“30 minutes”**
  OR Experiencing breast problems such as:
  - Lumps
  - Fevered red breast
  - Nipple discharge
  - Abnormal screening mammogram
  - Other suspicious problems
- No deodorants, powders or lotions from neck to waist area

### Ultrasound

**Exam Preparation Instructions:**

- U/S Abdominal Survey (Hernia) = No prep **“30 minutes”**
- U/S Aorta = NPO 4 to 6 hours before procedure **“30 minutes”**
- U/S Arterial = No prep *Unilateral: 30 mins & Bilateral: 45min*
- U/S Ascites = No prep **“30 minutes”**
- U/S Breast = No prep. **“30 minutes”**
- U/S Carotid = No prep **“30 minutes”**
- U/S Gallbladder = NPO 6 hours **“30 minutes”** *(Includes chewing gum, hard candy, breath mints and tobacco products)*
- U/S Liver = NPO 6 hours **“30 minutes”**
- U/S Pancreas = NPO 6 hours **“30 minutes”**
- U/S Pelvic Sonogram = Full bladder **“30 minutes”**
- U/S Pregnancy fetal age must be between 12 and 20 weeks, patient should have an uncomfortably full bladder. After 20 wks, have a moderately full bladder. **“45 minutes”**
- U/S Renal = No prep **“30 minutes”**
- U/S Renal Artery/Doppler = NPO 6 hours & drink 16 ounces of H20 30 mins prior to exam. **“30 minutes”**
- U/S Spleen = No prep **“30 minutes”**
- U/S Testicles = No prep **“30 minutes”**
- U/S Thyroid = No prep. Must have Nuclear Medicine scan first, unless there is a palpable mass. **“30 minutes”**
- U/S Venous Peripheral = No prep *Unilateral: 30m & bilateral: 45 mins*

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### Positron Emission Tomography

**Exam Preparation Instructions:**

- NPO 4 hours prior - except water - *(Includes chewing gum, hard candy, breath mints, and tobacco products).*
- Strenuous exercise should be avoided.

### Nuclear Medicine

**Exam Preparation Instructions:**

- Bone scan - NPO after midnight. **“15 mins, then 3 hr wait, 45 min scan”**
- Gastric Emptying = NPO 6 hours **“2 hrs”**
- HIDA Scan - Hepatobiliary = NPO 6 hours **“2-3 hrs”**
- I-131 Thyroid Therapy = NPO 6 hours **“45 minutes”**
- Liver Spleen Scan = No prep **“60 minutes”**
- Meckels Scan = NPO after midnight. No intestinal irritants such as laxatives, barium studies, or aspirin for 3 days prior to exam. **“75 minutes”**
- MUGA Scan - Cardiac Ejection Fraction: No prep **“75 minutes”**
- Parathyroid Scan - No prep **“30 min, 2.5 hrs wait, 20 min scan”**
- Perfusion Lung Scan = No prep **“60 minutes”**
- Perfusion-Ventilation Lung Scan (VQ) = No prep **“60 minutes”**
- Renal Scan = No prep **“60 minutes”**
- Tagged RBC for Bleeding (GI Bleed Scan) = No prep **“75 minutes”**
- Thyroid Scan 99mTc (Technitium) = Must be off any thyroid meds for 3 weeks, no other prep **“45 minutes”**
- I-123 Thyroid Uptake and Scan: NPO 4 hours, must be off thyroid meds 3 weeks, no iodine for 2 months prior to test (ex. Of iodine, CT contrast, Heart Cath contrast, IVP contrast.) **“30 mins 1st day and 45 mins 2nd day”**
- Cardiac Stress Testing: **“2-3 hours”**
  * Treadmill only - light breakfast, no beta-blockers, no caffeine
  * Nuclear (Myoview/Cardiolite) - Treadmill - light breakfast, no caffeine, no beta-blockers
  * Nuclear (Myoview/Cardiolite) - Lexiscan - NPO 6 hours
  * Nuclear (Myoview/Cardiolite) - Dobutamine - NPO 6 hours, no beta-blockers

### Bone Density

**Exam Preparation Instructions:**

**“15 minutes”**
- Patients should wear loose clothing with NO metal (snaps, zippers, etc.).
- Table Weight Limit: 265 lbs

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TEL**EPHONE DIRECTORY

DEPARTMENT**S

Centralized Scheduling  606-678-3545
Main Hospital  606-679-7441
Ambulatory Care Unit  606-451-2904
Cardiopulmonary Services  606-678-3139
Laboratory Services  606-678-3160
Radiology Services  606-678-3175
Surgery Center  606-678-9688