DIRECTIONS: Take I-405 to Highway 167 South. Once on Highway 167, take the first exit (South 41st/180th St.) and turn left at the light at the end of the off-ramp. Turn left at the next light onto 43rd/180th St. Proceed straight to the top of the hill and turn left at the light onto Talbot Rd. S. Valley Medical Center’s campus is on the left.
CT Scan Preparation:

- CT Head, CT Neck, CT Chest (Thorax): No solid food or drink 2 hours prior to your appointment. Drink plenty of fluids the day before the exam.
- CT Sinus, Comprehensive/CT Sinus Limited: No preparation necessary.
- CT Abdomen or Pelvis (complete): No solid food or drink 2 hours prior to your appointment. Medications may be taken. Please arrive one hour prior to your appointment. You will be given a liquid to drink that allows us to see your intestines. If your physician gives you this liquid to drink, take it one hour prior to your appointment time and arrive at our office 15 minutes before your appointment time. Please drink plenty of liquids the day before your exam.
- CT Angiogram (no oral contrast necessary): No solid food or drink two hours prior to your appointment. Medications may be taken. Please drink plenty of liquids the day before your exam.
- CT Colonography: Specific preparation is necessary. Be sure you have been given additional preparation documentation.
- CT Lung Screen: No preparation is necessary.

MRI Scan Preparation:

- MRI Scan: 1/2 to 1 hour. Magnetic resonance imaging (MRI) is a simple, painless examination that uses magnetic fields and radio waves to “see” internal organs and soft tissue without the use of x-rays. Both safe and painless, MRI has no known side effects.

MRI Scan Preparation:

- Under most circumstances, no special diet, medication or fasting is required before your MRI exam. If you feel you may be claustrophobic, please contact VDIS Olympic Building prior to your appointment day to discuss options.
- Oral: No medications to be taken prior to exam. Nothing by mouth 4 hours prior to exam.
- IV: No food and only minimal water for oral meds 4 hours before exam.

The result of an MRI can be altered by the presence of metal in the exam room. You will be asked to wear an exam gown. Please be prepared to leave jewelry, keys and other metallic items in a locker.

SEDATION:

- Oral: No medications to be taken prior to exam. Nothing by mouth 4 hours prior to exam.
- IV: No food and only minimal water for oral meds 4 hours before exam.

Arthrogram: Please let them know at the time of scheduling if you are on blood thinners. No preparation necessary. An Arthrogram is a study of joint spaces. Following the use of a local anesthetic, contrast material is injected into the joint space. Images will be taken. After your exam is complete, the contrast material will be completely reabsorbed in 24 to 48 hours. The radiologist recommends that your activity be limited for 24 hours after the exam.


Sinus Series, Sinus 1 View: 20 minutes. No preparation is necessary.

Chest x-ray, Plain x-ray: 20 minutes. Radiography, or X-ray involves exposing a part of the body to a small dose of radiation to produce an image of the internal organs. When x-rays penetrate the body, they are absorbed in varying amounts by different parts of the anatomy. There is no special preparation required for most x-rays.

Ultrasound Exam: 40 minutes. Sound waves are used to examine internal organs. Obstretrical ultrasound is used to determine the baby’s age, position, appearance of body parts, volume of fluid around the baby, and the position of the placenta. An ultrasound technologist will apply a warm gel to the skin which allows the sound waves to be transmitted and received from inside the body. The images are recorded on film. No radiation is utilized to produce the images.

Children may not accompany you into the exam room. Please make arrangements for your children during your examination.

Ultrasound Preparation:

- Abdomen and/or Gallbladder: For 6 hours prior to the exam, take nothing by mouth except medications.
- Aorta: For 6 hours prior to the exam, take nothing by mouth except medications.
- Combination Exam (Abdomen and Pelvis): For 6 hours prior to the exam, take nothing by mouth except medications. One hour prior to your appointment, drink four to five 8 oz. glasses of water or other non-carbonated beverage. Do not urinate until after your examination is completed. A full bladder is necessary.
- Obstetrical or Pelvis: One hour prior to your appointment, drink four to five 8 oz. glasses of water or other non-carbonated beverage. Do not urinate until after your exam is completed. A full bladder is necessary.
- Hysterosonogram: No preparation is necessary.
- Thyroid, Testes: No preparation is necessary.
- Kidney/Bladder, Retroperitoneal: Drink 16 oz. of water one hour prior to exam. Do not urinate until the examination is complete. *Dialysis patients don’t need to drink water.
**Fluoroscopy Exams:**
- **Barium Enema:** 1 hour. A barium enema is an examination of your large intestine. A tube will be placed in your rectum, and barium and air will be instilled through the tube to fill the intestine. To ensure a satisfactory study it is necessary that your bowel is entirely free of fecal material. To accomplish this, it is important the instructions be followed completely, and that no food or fluids other than those listed be substituted. You may expect the laxative to begin its cleaning action approximately 3-8 hours after you take it.

**Preparation the DAY BEFORE the exam:** A non-residue diet is required beginning 24 hours before the examination. This may consist of clear soup, sugar-free jello, liquid non-pulp unsweetened juice, sugar-free soda, black coffee or tea without sugar or milk. Do not eat or drink any solid foods, milk or cream. Be sure to read all the accompanying directions and warnings thoroughly before using the kit. If you have any questions, be sure to ask your doctor.
1. Drink one glass of water each hour, from 1 p.m. to 9 p.m.
2. At 5 p.m.: Slowly add to 8 oz. of cold water in a large (minimum 12 oz.) glass, the contents of packet (Magnesium Citrate) while gently stirring. After fizzing stops, stir again and drink.
3. At bedtime: Take the four enclosed Bisacodyl tablets with a glass of water. Do not chew tablets. Tablets taken at bedtime are usually effective by the following morning.

**Preparation the MORNING OF the exam:**
1. Do not have anything to eat or drink.
2. To use the Bisacodyl Suppository, push it through the back and remove it from the blister, remove the foil wrapper and insert the suppository into the rectum two hours before your appointment time. Retain for 15 minutes. A laxative may be taken following the exam to prevent constipation caused by the barium. Drink plenty of fluids after your exam.

- **Esophagram:** 20 minutes. An Esophagram is an examination of your throat and esophagus. While you swallow the barium, the radiologist will observe on a fluoroscope and take a series of X-rays.

**Preparation:** None. A laxative may be taken following the exam to prevent constipation caused by the barium. Drink plenty of fluids after your exam.

- **Cystogram:** 1 hour. This is a study of the bladder and urethra. A catheter is placed into the bladder and contrast material is instilled until your bladder is full. The technologist will take several films including one while you are lying on your side.

**Preparation:** None.

- **Hysterosalpingogram:** 1 hour. Also called HSG, this is an examination of the uterus and fallopian tubes to evaluate for blockage, inflammation and other diseases. The radiologist places a speculum into the vagina. A small tube will be placed into the uterus and contrast material injected. The doctor will watch under fluoroscopy, and obtain films.

After the examination is completed, some cramping and spotting may occur.

**Preparation:**
1. The exam should be scheduled to occur 7-10 days after the first day of a normal menstrual period.
2. Do not have intercourse from the beginning of your menstrual period until the examination is completed.

- **Small Bowel Series:** 2-4 hours. This is a study to evaluate the small intestine. It may be performed on its own or after an upper gastrointestinal series. Barium is taken orally. A series of x-rays are taken as barium flows from the stomach through the small intestine to the colon.

**Preparation:**
1. Do not eat, drink, chew gum or use tobacco after midnight the night before your exam. Continue any prescribed medications but use as little water as possible. A laxative may be taken following the exam to prevent constipation caused by the barium. Drink plenty of fluids after your exam.

- **UGI-Upper Gastrointestinal Series:** 30 minutes. This is a study of the esophagus, stomach and duodenum after drinking barium. The radiologist will observe a TV screen/fluoroscope while placing the patient in a variety of positions. Films are obtained during and after fluoroscopy.