



## PATIENT INSTRUCTIONS

### RADIOGRAPHY

- Upper GI Series or Barium Swallow:**
  - Do not eat or drink anything (including oral medications) after 10 p.m. on the night before your appointment.
  - Take any bedtime oral medications before 10 p.m. Bring your morning oral medications to the hospital and take them after your test.
  - Do not smoke or chew gum on the day of the examination.

### ULTRASOUND

- Abdominal:** No eating or drinking for at least 6 hours prior to study. (Medications are allowed with small sips of water). Diabetic patients should advise booking clerk at time of appointment and diagnostic staff on arrival at the department.
- Abdominal and Pelvis Ultrasound:** No food 6 hours prior. Drink 5 full glasses (40oz) of water one hour prior to appointment time **DO NOT VOID UNTIL INSTRUCTED.**
- Pelvic & Early OBS Ultrasound:**  
Finish 5 full glasses (40oz) of water one hour prior to appointment time. **DO NOT VOID UNTIL INSTRUCTED.**
- G.U., KUB Ultrasound:** Finish 3 full glasses (24oz) of water one hour prior to study. **DO NOT VOID UNTIL INSTRUCTED.**
- Late OBS Ultrasound (after 4<sup>th</sup> month):** Finish 2 full glasses (16oz) of water one hour prior to study.
- All Others:** No preparation required.

### BREAST STUDIES

- Do not use deodorant, talcum powder or any other ointment or cream on your breasts or underarms before your exam. Dress comfortably, preferably in a two piece outfit since you will be asked to undress above the waist for the procedure

### BONE MINERAL DENSITY

- Cannot be done within one week of any Barium test (Upper GI, Barium Enema) or any Nuclear Medicine test. Bring a list of medications. Wear clothing preferably without metal (e.g. no buttons, zippers, snaps), otherwise you will have to change into a hospital gown for your test.

### OTHER

- If you require heart medications, you should take these as per your normal routine, using very small sips of water.
- Clear fluids include apple juice, clear jellies, consommé, water and tea. They do not include milk, coffee or orange juice.
- If you require insulin injections, you should discuss this with your doctor prior to coming for your test. Please inform the technologist.