

PREPARATION & INSTRUCTIONS TO PATIENT (These instructions are **important**; please follow them):

Please bring your health card and your requisition with you to your appointment.

ULTRASOUND

ABDOMEN

No eating or drinking (smoking or chewing gum) 4 hours prior to the appointment.

ABDOMEN/PELVIS

No eating or drinking 4 hours prior to the appointment.

Finish drinking 4 cups of water (32oz. or 1L) 45 minutes prior to your arrival time.

DO NOT empty your bladder before your examination.

Note: If your bladder is not full YOUR APPOINTMENT MAY HAVE TO BE RESCHEDULED

OBSTETRICAL/PELVIS

A full bladder is necessary for a thorough examination of the pelvis and pregnant uterus.

Finish drinking 4 cups of water (32oz. or 1L) 45 minutes prior to your arrival time.

DO NOT empty your bladder before your examination.

Note: If your bladder is not full YOUR APPOINTMENT MAY HAVE TO BE RESCHEDULED

PROSTATE

Take a fleet enema or glycerin suppository 2 hours prior to your arrival time.

Finish drinking 4 cups of water (32oz. or 1L) 45 minutes prior to your arrival time.

DO NOT empty your bladder before your examination.

Note: If your bladder is not full YOUR APPOINTMENT MAY HAVE TO BE RESCHEDULED

The above is not an exhaustive list.

Please refer to our website www.mmimaging.com for a full list of procedures and preparations.

BONE MINERAL DENSITOMETRY (BMD) / DEXA – TOTAL BODY COMPOSITION

Do not take calcium supplements for 24 hours prior to examination.

Do NOT schedule your BMD/DEXA within 2 weeks of having a CT or MRI with dye.

Complete form sent a few days before the appointment by test/email.

BONE MINERAL DENSITOMETRY

Bring list of all current prescription medications.

Patients are asked to wear clothing without zippers or metal attachments.

TOTAL BODY COMPOSITION

No intense exercises 24 hours before the examination

MAMMOGRAM

Remove deodorant, powder and perfume prior to appointment.

NUCLEAR CARDIOLOGY (Stress portion)

1. **No caffeine 12-hours prior to test:** No coffee, tea (including decaffeinated, herbal or green), chocolate, cola, or medications containing caffeine such as Tylenol #1, 2, 3 and Excedrin Migraine.
2. Nothing to eat or drink 4 hours prior to study. If you are a diabetic, nothing to eat or drink 3 hours prior to study.
3. Bring list of all current prescription medications. **Please consult your doctor regarding stopping certain medications prior to cardiac stressing:** Beta Blockers (24-48hrs), Erectile dysfunction Rx (72hrs), Calcium Channel Blockers (24hrs). **Do not stop medication on your own.**

If you're scheduled for the treadmill stress test, bring or wear comfortable clothing and running shoes.

Do **NOT** have any creams or lotions on your chest.

NUCLEAR CARDIOLOGY (Rest portion)

Bring list of all current prescription medications.

Bring a fatty snack such as: cheese & crackers, muffin with butter, or sandwich

MMI is a scent free environment