

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

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

MRI & CT FAX COMPLETED REQUISITIONS TO (613) 727-3272

ARRIVE 30 MINUTES BEFORE YOUR APPOINTMENT UNLESS OTHERWISE SPECIFIED.

LATE APPOINTMENTS MAY BE REBOOKED.

FOR PATIENTS WITH KNOWN ALLERGIES AND CLAUSTROPHOBIA:

If the patient has a known contrast allergy, the requesting physician is responsible for organizing the pre-medication prior to the patient's scan. Contrast allergy pre-medication: Prednisone 50mg P.O. 13 hours and 1 hour pre-examination plus Benedryl 50mg P.O. 1 hour pre-examination. If the patient has claustrophobia, the requesting physician is responsible for organizing sedation.

NOTE: Benedryl and oral sedation can cause drowsiness. Patients should make arrangements to be driven from examination.

IT IS CRITICAL FOR PATIENTS SAFETY THAT ALL RELEVANT SECTIONS ON THE FRONT OF THE REQUISITION ARE COMPLETED BY THE REFERRING PHYSICIAN. INCOMPLETE REQUISITIONS WILL BE SENT BACK FOR COMPLETION.

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.

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

This requisition can be taken to any licensed facility providing healthcare services including hospitals and ICHSCs such as those listed on the ICHSC website: <https://data.ontario.ca/dataset/integrated-community-health-services-centres-ichsc-locations>