



## Patient Preparation Instructions For Diagnostic Imaging and Cardio Respiratory Procedures

**This is not a requisition.**

Appointment Date: \_\_\_\_\_ Time: \_\_\_\_\_

*You must arrive 15 minutes early for Registration  
Except MRI- please arrive 30 minutes (see MRI section)*

<b>General Preparation</b>	
<p>You must check in at <b>Main Entrance Registration</b> before going to your appointment. Please give yourself time before and after your appointment to: Park close to the Main Entrance and then register in the Main Lobby prior to your scheduled appointment. Please bring your Health card. If you require special considerations please call our Scheduling Office at 905-472-7020.</p> <p>Please do not wear perfume or strong scented products on the day of your appointment as many areas in the hospital are scent-free.</p> <p><b>* If you have to avoid caffeine products for your test, these products include:</b> coffee and tea (decaffeinated and caffeinated), chocolate, cocoa, soda, pop, energy drinks, and any supplements or medicines that may contain caffeine.</p>	
<b>Biopsies</b>	
<p><b>Lung, abdominal or kidney biopsy</b> Duration: varies with procedure.</p>	<p>Do not eat or drink for six hours before the appointment, except only what is needed to swallow necessary medications. Specific instructions will be provided when you make your appointment.</p>
<b>Cardio Respiratory and Electro-Diagnostic</b>	
<p><b>Ambulatory Blood Pressure Monitor and Holter Monitor Test</b> Duration: 30 minutes</p>	<p>Wear a comfortable, loose fitting, two-piece outfit and a belt (your belt will be used to secure the monitor close to you). Please refrain from using body lotion. Monitor set-up will take approximately 30 minutes.</p>
<p><b>Cardiac Stress Test</b> Duration: 30 minutes</p>	<p><b>* No caffeinated products on the day of your test.</b> Eat two hours before your exam. Wear exercise clothing (shorts, pants, rubber-soled shoes, a t-shirt). Please refrain from using body lotion. Stop taking “beta blocker” medicines, if advised by your doctor. Bring any medications that you are taking with you.</p>
<p><b>Echocardiogram</b> Duration: 45 minutes</p>	<p>Wear a two-piece outfit. No other preparation is needed.</p>
<p><b>EEG (Neurology Test)</b> Duration: one hour</p>	<p><b>* No caffeinated products on the day of your test.</b> Hair must be clean – no gel, mousse or hair products.</p>
<p><b>Sleep deprived EEG</b> Duration: one and a half hours</p>	<p><b>* No caffeinated products on the day of your test.</b> Hair must be clean – no gel, mousse or hair products.</p> <p><b>Children 4-8:</b> remain awake from 4 a.m. before appointment <b>Children 9-12:</b> remain awake from 2 a.m. before appointment <b>Children 12-Adult:</b> remain awake entire night before appointment</p>
<p><b>Exercise induced Asthma Study</b> Duration: one and a half hours</p>	<p>Refer to the pulmonary function test and cardiac stress tests instructions. <b>Not for children under nine years of age.</b></p>
<p><b>Methacholine Inhalation (Methacholine Challenge)</b> Duration: one hour</p>	<p>Ensure detailed instructions are given to you by your referring doctor. No asthma inhalers may be used for 12 hours before the appointment. No antihistamines may be taken for four days before the appointment.</p>
<p><b>Routine Pulmonary Function Test</b> Duration: 30 minutes</p>	<p>No asthma inhalers may be used for 12 hours before the appointment, except Salbutamol (Ventolin) – this inhaler may be taken up to four hours before the appointment.</p>

<b>CT</b>	
<b>Abdominal CT</b> Duration: one and a half hours	Do not eat or drink for four hours before the appointment, except only what is needed to swallow necessary medications.
<b>CT with Contrast (any body part)</b> Duration: 30 minutes	Do not eat or drink for four hours before the appointment, except only what is needed to swallow necessary medications.
<b>Renal Colic</b> Duration: 30 minutes	Drink two full 8 oz. glasses of water one hour before the appointment. DO NOT empty your bladder before the exam; a full bladder is necessary for imaging.
<b>CT Enterogram (aka Enteroclysis)</b> Duration: up to 2 hours	You must view the CT Enteroclysis instructions found on the website. It is strongly suggested that you plan to go home after leaving the hospital – as some patients experience effects of the laxative after imaging is finished.
<b>Gastric X-Rays</b>	
<b>UGI – Upper GI Series</b> Duration: 15 minutes	<b>Adults:</b> nothing to eat or drink after midnight, except only what is needed to swallow necessary medications.  <b>Children under 3:</b> nothing to eat or drink for four hours before the appointment.
<b>UGI/FT – Small Bowel Series</b> Duration: two to four hours	<b>See the above instructions for UGI – Upper GI Series.</b> You may be required to stay at the hospital during this longer period of time, as necessary, to complete your imaging.
<b>Mammography</b>	
<b>Mammogram</b> Duration: 15 minutes	Do not use power or deodorant on the day of your appointment. If you have had a mammogram before, please bring the films or CD with you.
<b>MRI - For all MRI please arrive 30 mins before your appointment time to register and complete the screening process.</b>	
<b>Abdomen/Pelvis</b> Duration: 45 minutes	Do not eat or drink for six hours before the appointment, except only what is needed to swallow necessary medications. You will be required to change into a gown before having your MRI.
<b>General MRI</b> Duration: up to 45 minutes	No preparation is needed. <b>For all MRIs a screening form will need to be completed when you arrive.</b> This will take extra time. If you require sedation (due to claustrophobia) discuss this with your doctor. Only your doctor can give you a sedative prescription – please take as directed. You cannot drive to or from your exam if you have taken sedative medication. You will be required to change into a gown before having your MRI.
<b>MRI Enterogram</b> Duration: up to 3 hours	You must review the MRI Enterogram instructions found on the website. It is strongly suggested that you plan to go home after leaving the hospital – as some patients experience effects of the laxative after imaging is finished.
<b>Nuclear Medicine</b>	
<b>Biliary (also called HIDA)</b> Duration: one hour	Do not eat or drink for four to six hours before the appointment. Do not fast (i.e. stop eating) for longer than six hours before the appointment.
<b>Bone Density (BMD)</b> Duration: 15 minutes	<b>Verify the date of your last BMD scan with your doctor before you arrive – BMD scans can only be performed as often as approved by the Ministry of Health.</b> Bring a copy of any previous BMD reports with you.
<b>Bone Scans</b> Duration: three to five hours	The scan is two parts and requires delayed imaging three to four hours after the test starts. The technologist will give you a confirmed return time for the second part of the test. Bring any recent X-ray images with you if these were done outside of the hospital.

<b>Nuclear Medicine</b>	
<b>Exercise Cardiolute or Persantine Cardiolute Test</b> Duration: three to four and a half hours	<b>Seven days before the test date:</b> stop taking medicine called Theophylline (other names include Theodur and Uniphyll). <b>48 hours before the test date:</b> stop taking “beta blocker” medicines Check with your doctor or pharmacist if you are unsure of type or name of your medicine. <b>24 hours before the test date:</b> * stop consuming caffeinated (and decaffeinated) products. See page 1 for product details. This includes Tylenol, Excedrin Migraine and energy drinks.  Do not eat for three to four hours before your appointment. You may drink milk, juice and water. Diabetic patients may have a snack as needed. Wear exercise clothing (pants, rubber-soled shoes, t-shirt, shorts). Bring all the medications you are currently taking with you.
<b>Renal Scans (DTPA, Captopril or Lasik)</b> Duration: one to two hours	<b>48 hours before the test date:</b> stop taking “ACE inhibitor” medicines – check with your doctor or pharmacist if you are unsure of type or name of your medicine. Drink two to four 8 oz. glasses of water before arriving for your appointment.
<b>Thyroid Uptake/Scan</b> Day one: 15 minutes Day two: one hour	This exam is completed over two days.  Stop taking thyroid medications four weeks before your appointment. Do not eat any “iodine rich” foods such as salty foods, kelp, and fish for one week before your appointment. Bring a copy of any neck or thyroid ultrasound reports you have had.
<b>Ultrasound</b>	
<b>Abdominal</b> Duration: 30 minutes	Do not eat or drink for eight hours before the appointment (except the minimum drink needed to swallow necessary medications). If you have diabetes please let the scheduling clerk know to schedule a morning appointment. Children under three years of age require no preparation.
<b>Abdominal and Pelvic</b> Duration: one hour	Do not eat for eight hours before the appointment. Finish drinking four full 8 oz. glasses (or one litre) of water one hour before the appointment. DO NOT empty your bladder – a full bladder is necessary for imaging.
<b>Obstetrical</b> Duration: up to one hour	For exams done before 12 weeks of pregnancy: you must finish drinking four full 8 oz. glasses (or one litre) of water one hour before the appointment. DO NOT empty your bladder – a full bladder is necessary for imaging. Exams done later than 12 weeks of pregnancy: there is no preparation. <i>Although we encourage family support, children under 12 years of age must be supervised at all times.</i>
<b>Pelvic</b> Duration: 30 minutes	Finish drinking four full 8 oz. glasses (or one litre) of water one hour before the appointment. DO NOT empty your bladder – a full bladder is necessary for imaging.
<b>Renal</b> Duration: 30 minutes	Finish drinking two full 8 oz. glasses (or ½ litre) of water one hour before the appointment. DO NOT empty your bladder – a full bladder is necessary for imaging.

*For more on preparation for diagnostic and cardio respiratory exams, please visit [Diagnostic Services](#) on the Markham Stouffville Hospital website.*

*We recommend using the [My Medical Imaging History Handbook](#) form on our website to document all of your diagnostic and cardio respiratory appointments.*