

Patient Preparation Instructions For Diagnostic Imaging and Cardio Respiratory Procedures



This is not a requisition.

Appointment Date: _____ Time: _____ You must arrive 30 minutes early for Registration
Except MRI- please arrive 45 minutes (see MRI section)

General Preparation

Please give yourself time before and after your appointment to park and find your way. Please bring your Health card. If you require special considerations please call our Scheduling Office at 905-472-7020.

Please do not wear perfume or strong scented products on the day of your appointment as many areas in the hospital are scent-free.

*** If the preparation instructions include avoiding caffeine products for your test, these include:** coffee and tea (decaffeinated and caffeinated), chocolate, cocoa, soda, pop, energy drinks, and any supplements or medicines that may contain caffeine.

Arriving on the day of your scheduled appointment:

For Daytime appointments

Monday to Friday between 0600 to 1900 (i.e. 6 am – 7 pm same day)

Weekends between 0730 to 1530 (i.e. 7:30 am to 3:30 pm same day)

Park close to front of hospital, enter through Main Lobby Entrance “A” and register for your scheduled appointment (via Kiosk, Convey App, or by visiting the registration desk) before going to the waiting room for your appointment.

For “Afterhours” appointments for MRI, CT and Ultrasound

Monday to Friday between 1900 to 0600 (i.e. 7 pm evening to next morning at 6 am)

Weekends between 1530 to 0730 (i.e. 3:30 pm afternoon to next morning at 07:30 am)

Park closest to Emergency using Lot #6, enter through Emergency Department Entrance “E”, follow the signs and directions inside the hospital to arrive at the waiting room for your afterhours scheduled appointment. You will be asked to complete a registration form once at the department.

Biopsies

Lung, abdominal or kidney biopsy

Duration: varies with procedure.

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.

CT

Abdominal CT

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.

CT with Contrast (any body part)

Duration: 30 minutes

Do not eat or drink for four hours before the appointment, except only what is needed to swallow necessary medications.

Renal Colic

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.

CT Enterogram

Duration: up to 2 hours

You must view the CT Enterogram instructions found on the hospital website. It is strongly suggested that you plan to go directly home after leaving the hospital – as some patients continue to experience effects of the laxative after imaging is finished.

Cardio Respiratory and Electro-Diagnostic	
Ambulatory Blood Pressure Monitor and Holter Monitor Test Duration: 30 minutes	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.
Cardiac Stress Test Duration: 30 minutes	* No caffeinated products on the day of your test. Eat two hours before your exam. Wear exercise clothing (shorts, pants, rubber-soled shoes, a t-shirt). Please do not use body lotion. Stop taking “beta blocker” medicines, if advised by your doctor. Bring any medications that you are taking with you.
Echocardiogram Duration: 45 minutes	Wear a two-piece outfit. No other preparation is needed.
EEG (Neurology Test) Duration: one hour	* No caffeinated products on the day of your test. Hair must be clean – no gel, mousse or hair products.
Sleep deprived EEG Duration: one and a half hours	* No caffeinated products on the day of your test. Hair must be clean – no gel, mousse or hair products. Children 4-8: remain awake from 4 a.m. before appointment Children 9-12: remain awake from 2 a.m. before appointment Children 12-Adult: remain awake entire night before appointment
Exercise induced Asthma Study Duration: one and a half hours	Refer to the pulmonary function test and cardiac stress tests instructions. Not for children under nine years of age.
Methacholine Inhalation (Methacholine Challenge) Duration: one hour	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.
Routine Pulmonary Function Test Duration: 30 minutes	No asthma inhalers may be used for 12 hours before the appointment, except Salbutamol (Ventalin) – this inhaler may be taken up to four hours before the appointment.
Gastric X-Rays	
UGI – Upper GI Series Duration: 15 minutes	Adults: nothing to eat or drink after midnight, except only what is needed to swallow necessary medications. Children under 3: nothing to eat or drink for four hours before the appointment.
UGI/FT – Small Bowel Series Duration: two to four hours	See the above instructions for UGI – Upper GI Series. You may be required to stay at the hospital during this longer period of time, as necessary, to complete your imaging.
Mammography	
Mammogram 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.
MRI - For all MRI please arrive 45 mins before your appointment time to register AND complete the screening process.	
Abdomen/Pelvis 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.
General MRI Duration: up to 45 minutes	No preparation is needed. For all MRIs a screening form will need to be completed when you arrive. 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.
MRI Enterogram 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.

Nuclear Medicine	
Biliary (also called HIDA) 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.
Bone Density (BMD) Duration: 15 minutes	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. Bring a copy of any previous BMD reports with you.
Bone Scans 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.
Exercise Cardioline or Persantine Cardioline Test (may also be known as Myocardial Perfusion Imaging, or Myoview) Duration: three to four and a half hours	Seven days before the test date: stop taking medicine called Theophylline, Theodur, or Uniphyl. 48 hours before the test date: stop taking “beta blocker” medicines, unless otherwise advised by your doctor or pharmacist. Check with your doctor or pharmacist if you are unsure of the type or the name of your medicine. 24 hours before the test date: * 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.
Renal Scans (DTPA, Captopril or Lasik) Duration: one to two hours	48 hours before the test date: 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.
Thyroid Uptake/Scan 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.
Ultrasound	
Abdominal 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.
Abdominal and Pelvic 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.
Obstetrical 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>
Pelvic 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.
Renal 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.