

If you have any questions about your exam, exam preparation, or need to change your appointment, please contact: **Central Booking at 780-450-1500 or call toll-free at 1-800-355-1755**

If you are unable to keep your appointment, telephone to cancel it. Patients who miss their appointment and fail to cancel 24 hours prior to their exam may be charged a \$25.00 fee

PATIENT EXAM PREPARATION INSTRUCTIONS

FLUOROSCOPY

***If there is any chance of pregnancy, the exam should be postponed until the start of menses or within the 10 days thereafter.**

○ ESOPHAGUS, STOMACH AND DUODENUM and/or SMALL BOWEL

Do not eat or drink anything, including water, after midnight the night before your examination (if your exam is scheduled after 1:00 p.m., you may have 1 slice of dry toast and 1 cup of clear liquid prior to 7:30 a.m.).

Small bowel - Time for examination varies, but may take as long as 4 hours.

ULTRASOUND

○ ABDOMEN ULTRASOUND

Nothing to eat or drink after midnight.

○ PELVIC, RENAL, BLADDER, NUCHAL TRANSLUCENCY SCREENING, OR OBSTETRICAL (You may continue to eat)

○ Empty your bladder. ○ Drink 1 litre of water. ○ Finish drinking the full amount one hour prior to the examination.

○ **Do not empty your bladder again prior to the examination.**

○ BIOPHYSICAL PROFILE (BPP)

○ Empty your bladder. ○ Drink 500ml of water. ○ Finish drinking the full amount one hour prior to the examination. ○ Have a snack prior to the exam. ○ **Do not empty your bladder again prior to the examination**

○ ABDOMEN WITH PELVIC ULTRASOUND

○ Nothing to eat after midnight. ○ The day of your exam, empty your bladder, then drink 1 litre of water. ○ Finish drinking the full amount one hour prior to the examination. ○ **Do not empty your bladder again prior to the examination**

***All other ultrasound examinations listed do not require patient preparation.**

BONE MINERAL DENSITOMETRY

***If there is any chance of pregnancy, the exam should be postponed until the start of menses or within the 10 days thereafter.**

Wear comfortable clothing (sweatpants, etc.) and if possible no zippers or metal.

MAMMOGRAPHY

***If there is any chance of pregnancy, the exam should be postponed until the start of menses or within the 10 days thereafter.**

Do not use perfume, deodorant, antiperspirant or talcum before the examination. If you experience premenstrual breast tenderness, you may delay booking until tenderness has subsided. Wear a two piece outfit. At the time of booking, you will be asked where your previous mammogram was done.

NUCLEAR MEDICINE

***If there is any chance of pregnancy, the exam should be postponed until the start of menses or within the 10 days thereafter.**

| EXAM | PREPARATION | APPROXIMATE EXAM TIME |
|--------------------------------|---|---|
| Biliary Scan (HIDA) | Nothing to eat or drink after midnight | 2 hours |
| Gallium Scan | No preparation prior to injection. Involves 3 separate days: ○ The first for injection ○ Two days later for images, which takes 45 minutes. | 15 minutes, return 48 - 72 hours later for 1 hour |
| Bone Scan | Bring most recent relevant x-rays | 15 minutes, return approx. 2 - 3 hours later for 1 hour |
| MUGA (Gated Cardiac Scan) | None | 1 hour |
| Meckel's Scan | Starting at 8:00 am, 1 day prior to exam, take 150mg Zantec every 4 hours (total 4 doses). Nothing to eat or drink after midnight. | 1 hour |
| Renal Scan: (Diuretic, others) | Drink 4 cups of fluids 1 hour prior to exam | Ranges from 45 minutes to 2 hours |
| Renal Scan: (Captopril) | Patient off ACE inhibitors for 48 hours. No breakfast. Drink 4 cups of fluids 1 hour prior to exam. Take 50mg of CAPTOPRIL 1 hour prior to examination as prescribed by your own physician. | 1 hour |

LOCATIONS

EDMONTON

HYS MEDICAL CENTRE
#202, 11010 - 101 ST NW
Fax 780-424-7780

ALLIN CLINIC (X-ray Only)
B1, 10155 - 120 ST NW
Fax 780-488-0238

TAWA CENTRE ☺
#200, 3017 - 66 ST NW
Fax 780-461-7527

COLLEGE PLAZA
7TH FLR, 8215 - 112 ST NW
Fax 780-439-9977

CENTURY PARK ☺
#201, 2377 - 111 ST NW
Fax 780-461-8524

WINDERMERE
#201, 6103 CURRENTS DR NW
Fax 1-888-442-2136

TERRA LOSA
9566 - 170 ST NW
Fax 1-877-543-8044

NAMA0 160
#209, 15961 - 97 ST NW
Fax 1-877-433-9020

MRI & CT

(Separate requisition required)

MRI COLLEGE PLAZA
7TH FLR, 8215 - 112 ST NW
Fax 780-433-7286

MRI & CT CENTURY PARK
#201, 2377 - 111 ST NW
Fax 780-433-7286

ST. ALBERT

SUMMIT CENTRE ☺
#102, 200 BOUDREAU RD
Fax 780-459-2376

GRANDIN X-RAY (X-ray Only)
1 ST. ANNE ST
Fax 780-458-9096

SHERWOOD PARK

SYNERGY WELLNESS CENTRE
#109, 501 BETHEL DRIVE
Fax 780-392-1268

FT. SASKATCHEWAN

SOUTHPOINTE
#115, 9332 SOUTHFORT DRIVE
Fax 780-392-1269

ADMINISTRATION:

HYS CENTRE
#203, 11010 - 101 ST NW
EDMONTON, AB
Fax 780-425-5979