

How to prepare for a CT exam
(NPO=Nothing by mouth)

All Patients having procedures at IMI must have an order form or a prescription from their referring physician. Please arrive 15 minutes prior to your exam and wear loose fitting clothing. You may be asked to change into a gown if your clothing interferes with the exam or the images.

Comfortable, loose clothing should be worn, although in some cases a patient will be asked to change into a hospital gown for the examination.

It is also important to remove any metal prior to the exam: jewelry, dentures, eyeglasses, belt buckles, and metal zippers and buttons can interfere with the images.

You may be asked to limit eating and drinking to clear liquids, such as water, black coffee and tea, and broth for several hours prior to the appointment for a CT scan. This request will be dependent upon the type of examination.

For many CT examinations, a contrast agent (a liquid that enhances imaging of certain organs or blood vessels) will be administered. Depending on the type of examination, the contrast may be given orally, intravenously, or both. Please inform the schedulers if you are allergic to shellfish, iodine or have had an allergic reaction to contrast in the past.

If you are having a contrast exam and you are over the age of 50 or have or have had kidney issues you will be required to have lab work to check the function of your kidneys before administration of IV contrast.

If the exam that you are having is not listed below or you have questions, please call 352-637-6100 option 2

<p>Abdomen: NPO 2 hours before exam. Oral contrast will be administered at IMI</p>	<p>Pelvis or Abdomen and Pelvis: NPO 2 hours before exam must pick up Redi-cat contrast 1 day before exam.</p>
<p>Brain with contrast: NPO 2 hours before exam</p>	<p>Enterography: Liquids only 4 hours prior to exam. No solid foods. Oral contrast will be administered at IMI 1 hour before exam</p>
<p>Brain without contrast: No prep</p>	
<p>Chest with contrast: NPO 2 hours before exam</p>	<p>Stone Study: No prep</p>
<p>Calcium Score: No Prep</p>	<p>Urogram: NPO 2 hours prior</p>
<p>Coronary Artery: No caffeine 12 hours prior, No solid foods 4 hours prior, Drink two 8 oz glasses of water 1-hour prior Take 100mg of Lopressor or Metroprolol supplied by IMI 1 hour prior to exam.</p>	<p>Sinus: Maxfacial without contrast: Lower extremity without contrast: Upper extremity without contrast: No Prep</p>

How to prepare for Fluoro procedures

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<p>BE or Barium Enema: Purchase at your Pharmacy at least 2 days prior to your exam</p> <ol style="list-style-type: none">1. One 238-gram bottle of MiraLAX over the counter.2. Two Dulcolax laxative tablets 5mg over the counter. (no suppositories)3. One 64-ounce bottle of Gatorade. (Diabetics may substitute Pedialyte) <p>The day before your exam:</p> <ol style="list-style-type: none">1. Clear Liquid Diet – It is very important to drink plenty of clear liquids throughout the entire day. Do not eat any solid food.2. Follow the schedule in the table below for your bowel prep. Plan to remain within easy reach of the restroom. You will have many bowel movements throughout the day. They will become very watery. The bowels are clear or clean when there is only pale-yellow fluid without flecks of stool. <p>Noon: Open your 64-ounce bottle of Gatorade and discard 10 ounces from the bottle. Then empty the 238-gram bottle of MiraLAX into the bottle of Gatorade. Cap the bottle and shake to dissolve the powder then refrigerate.</p> <p>3pm to 5pm: Take 2 Dulcolax tablets with a glass of water.</p> <p>5pm to 7pm: Start to drink the MiraLAX solution. Drink one 8oz glass every 15 minutes until solution is gone. * If you have mild discomfort or bloating stop drinking for a while or wait longer between drinks.</p> <p>Midnight: Do not eat or drink anything until your test is completed.</p> <p>**BE IMPORTANT TIPS</p> <p>If you are diabetic: If you take insulin, contact the prescribing physician for instructions. If you take oral medications for diabetes, you should not take them the night before or the morning of the exam. This should be verified with the prescribing physician.</p> <p>BE prep continued above</p>	<p>Clear liquid diet list:</p> <p>Soft drinks – regular or diet sodas (Ginger ale, cola, Sprite, 7-up, etc.). Ginger ale may help to settle the stomach. Sport or power drinks with electrolytes may be helpful. You may wish to dilute to decrease sweetness. Strained fruit juices without pulp (apple, white grape, iced teas) NO ORANGE JUICE! Water, clear flavored waters or seltzer Black tea or coffee – No milk of non-dairy creamer. You may have any type of sugar or sweetener. Fat free chicken or beef broth (prefer low sodium) Hard candies (lifesavers, etc.) Plain Jell-O – No fruits or toppings Popsicles, Italian Ice – NO sherbets or fruit bars Your body loses a significant amount of fluid during bowel preparation. In order to prevent dehydration, it is important to supplement fluid loss with clear liquids. Make a conscious effort to drink as much as possible before and during the preparation.</p> <p>UGI and/or Small Bowel Study: NPO after midnight</p> <p>Barium Swallow: Nothing to eat an hour before exam</p> <p>IVP: Drink 10 Ounces of Magnesium Citrate (cold) the night before the exam, clear liquids only after midnight up to the time of the exam.</p> <p>Myelography: Patient will be at the facility for 5 hours, 4 of which will be laying still and flat. Patient must have a driver to and from facility. Patient must have someone staying with them the night after the procedure. No solid food after midnight. Morning medications can be taken with clear liquids.</p> <ul style="list-style-type: none">• Patient must be off all blood thinners 5 days prior to study. (coumadin/Heparin, etc.)• Patients on Plavix must be off of it for 7 days.
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How to Prepare for an MRI exam
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****VERY IMPORTANT******

If you have any mechanical transplanted device such as a Pacemaker, defibrillator, stimulator, or pump, you may not be able to have an MRI unless it is MRI compatible. You should have received a compatibility card for the implanted device, and you must provide this in advance so we may check the compatibility to our MRI unit. Let your referring physician know or let the schedulers know upon scheduling.

When undergoing an MRI scan, it is important for you to remove any metallic objects such as car keys, watches, hairpins as well as removable dental work as they all have the ability to interfere with the magnetic fields in the MRI machine. The data on credit cards are easily erased by the strong the magnetic field. Moreover, you may be asked to remove all your clothing and requested to wear provided gown or scrubs, if your clothing contains any metal such as snaps, hooks, or zippers. Please do not wear sportswear infused with copper or any other metals. Ladies may wish to wear a sports bra and elastic waist pants.

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MRCP/MR Abdomen:

NPO 4 hours before exam.

MR Breast:

If the patient still has a menstrual cycle patient must be scheduled 6 to 12 days after the start of her cycle.

All other MRI exams have no restrictions

***How to Prepare for a Nuclear Medicine Procedure:
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<p>Bone Scan:</p> <p>This exam is a 2-part exam which includes a morning injection and return for exam 3 to 4 hours later.</p> <p>Hydrate well prior to exam, drink at least 2 cups of water.</p> <p>No Food Restrictions</p>	<p>3 Phase or Triphasic Bone Scan:</p> <p>Same prep as Bone scan except scanning will start in the morning after the injection and return 3-4 hours later for additional scanning.</p>
<p>Gastric Emptying Scan:</p> <p>NPO after midnight No medications or cigarettes</p>	<p>Hida Scan:</p> <p>NPO after midnight No medications after midnight</p>
<p>Muga Scan:</p> <p>No Prep</p>	<p>Parathyroid Scan:</p> <p>No Prep</p>
<p>Thyroid Scan:</p> <p>This exam may possibly be a multiple day exam depending on what your referring physician orders.</p> <p>Patient must be off any thyroid medications 2 weeks prior to test.</p> <p>No multi vitamins with iodine for 2 weeks prior to test.</p> <p>No kelp, seaweed, or sushi 2 weeks prior to test.</p> <p>Please bring a list of all medications and dosage amounts.</p>	<p>Renal Scan:</p> <p>Drink 2 cups or more of fluids prior to exam, no other prep, or restrictions.</p>

How to Prepare for an Ultrasound Procedure:
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Please inform the schedulers or upon confirmation any physical limitations you may have.

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Abdomen: NPO 6 hours before exam	Aorta: NPO 6 hours before exam
Liver: NPO 6 hours before exam	Gall Bladder: NPO 6 hours before exam
Kidney/Renal: No Prep	Screening Abdominal Aorta: (must meet criteria) NPO after midnight
Renal Artery: NPO after midnight	Right Upper Quadrant: NPO 6 hours before exam
Pancreas: NPO 6 hours before exam	Pelvic: Full bladder, 32 ounces (water, tea, coffee) 1 hour prior to exam, do not void
Pyloric: NPO 2 to 3 hours before exam	Pelvic w/transvaginal: Full bladder, 32 ounces (water, tea, coffee) 1 hour prior to exam, do not void
Breast: No Prep	Thyroid: No prep
Axilla: No Prep	Carotid: No Prep
Arterial Duplex: No Prep	Venous Doppler: No Prep
Testicular/Scrotum: No Prep	Ankle Brachial Index (ABI): No Prep