

Your physician has ordered your radiology exam from Wake Radiology UNC REX Healthcare. We are looking forward to working with you and ask that you follow the important directions below in preparation for your procedure. If you have any questions, don't hesitate to call our scheduling team at 919-232-4700. To learn more about any of these studies visit **WakeRad.com** and click on the Procedures tab

The following preparations are for adult radiology exams. Preparations for children are generally determined by age and weight. Specific instructions will be given at the time of scheduling.

If your email and/or cell phone are provided at the time of scheduling we will send you a link to the Wake Radiology UNC REX Healthcare Patient Portal where you can pre-register for your appointment. Registering in advance will save you time on the day of your exam.

### ROUTINE EXAMS

- Mammograms:** Please avoid using deodorant or antiperspirants on the morning of your exam and wear a two-piece outfit. For your comfort, it is best to schedule your mammogram when you are not pre-menstrual.

### FLUOROSCOPY

- Barium Swallow or Esophagogram, UGI and/or Small Bowel:**
  - Adult** Nothing to eat after evening meal on day prior to examination. Water may be taken in moderate amounts until midnight. Nothing by mouth after midnight. Several hours of follow-up may be necessary for small bowel study.
  - Infants** may have normal feedings until four hours prior to examination. Please bring the child's own bottle with nipple to the appointment.
  - Emergency Basis Only:** No prep.
- Barium Enema:** Pick-up WakeRad bowel prep kit at least 48 hours prior to exam and follow 24-hour prep instructions.
- Hysterosalpingogram (HSG):** No unprotected intercourse from 1st day of last menstrual cycle until after HSG to avoid the possibility of pregnancy. You may take 400mg ibuprofen one (1) hour prior to the procedure if your fertility specialist has not recommended against this.

### ULTRASOUND

- Abdomen - Liver, Gallbladder, Pancreas, Aorta:** Nothing to eat or drink after midnight prior to exam (a minimum of 8 hours).
- Abdomen with liver elastography:** Nothing to eat or drink after midnight prior to exam (a minimum of 12 hours).
- Renal, Thyroid, Breast, Scrotum:** No preparation necessary.
- Pelvic or First Trimester OB:** Patients MUST have a full bladder. You should finish drinking 36 oz. of water one hour prior to appointment time. Patients should not void once they have started drinking.

### NUCLEAR MEDICINE

- Hepatobiliary Scan (HIDA):** No previous barium studies for 3-5 days prior to scan. Nothing to eat or drink for 6 hours before scan.
- CCK Hepatobiliary Scan (HIDA with CCK):** Same as above. Must have negative ultrasound for gallstones in last 6 months.
- Gastric Emptying Scan:** Specific exam prep instructions will be given at the time of scheduling based on the patients medications. NPO after midnight (a minimum of 8 hours). No previous barium.
- Thyroid Scan:** Specific exam prep instructions will be given at the time of scheduling based on the patients thyroid medications. No CT or IVP for 6 weeks prior to scan.
- Thyroid with RAIU:** Specific exam prep instructions will be given at the time of scheduling based on the patients thyroid medications. No CT or IVP for 6 weeks prior to uptake. No food or drink for 4 hours before RAIU dose.
- All Nuclear Medicine Bone Scans:** Hydrate well before study.
- All Nuclear Medicine Renal Scans:** Hydrate well before study.

### BONE DENSITOMETRY

- Bone Densitometry Scan:** No solid pills containing calcium for 24 hours prior to study. No IV contrast, barium studies or nuclear medicine studies for 1 week prior to exam.

### COMPUTED TOMOGRAPHY (CT SCAN)

All patients scheduled for studies involving intravenous (IV) contrast should do the following:

1. Drink at least 40 oz. of water the day/evening before the exam.
2. Do not eat anything for 4 hours prior to your study. You may take your usual medications with small sips of water during that period.

Note: Patients who have had recent X-ray studies (7 to 10 days) involving barium may need to be postponed for CTs of the abdomen, pelvis or lumbar spine due to residual barium in your system.

- Abdomen or Pelvis CT:** These studies require oral and intravenous contrast. Patients will be asked to pick up oral contrast prior to the date of their scan from our office. If patients are unable to pick up the prep, they will be asked to arrive 1 hour prior to scheduled exam to drink oral contrast at our office.
- CT Enterography:** Patients will be asked to arrive 1 hour prior to scheduled exam to drink oral contrast at our office.
- CT Urogram:** Patients will be asked to drink 30 oz. (900 ml) of water the morning of their exam. DO NOT need a full bladder for this study.
- Chest or Neck CT:** These studies typically require intravenous (IV) contrast, but no oral contrast. Patients scheduled for CT of the chest should bring their most recent chest X-ray with them.
- CT Spine, Extremities or Joints (wrist, foot, knee, etc.):** These studies generally DO NOT require intravenous (IV) contrast and don't require any special prep. Patient should bring any X-rays that relate to the area being scanned.
- Cardiac Calcium Scoring CT:** Patients should not have caffeine or antihistamines for 24 hours prior to the exam, but should continue all other routine medications. Patients with cardiac pacemakers/defibrillators are not candidates for this exam.

### MRI/MRA/MRV

- MRI/MRA/MRV:** No prep is required for these studies.
- MRCP:** No food or drink after midnight.
- Breast MRI:** Prep is patient specific, and instructions will be given at scheduling.
- Pelvis-uterus/ovaries:** Nothing to eat or drink for 4-6 hours before the scan.
- Pelvis - Rectal :** No food or drink 4 hours prior to exam
- Enterography (MRI Abdomen/Pelvis):** No food or drink after midnight. Patients need to arrive 1 hour prior to scheduled exam to drink oral contrast in our office.

### PET-CT

For prep details or procedure info call 919-854-2190 or visit **WakeRad.com**.

### MRI PATIENT SAFETY QUESTIONS

Patient safety is our primary concern. The MRI scan room contains a very strong magnet and is ALWAYS on. The following items can interfere with your MRI study and can be hazardous to your safety. Please read the questions below carefully, and if the response to any of the questions is YES, please call us at 919-782-7666 for further consultation prior to this appointment.

- Yes  No Aneurysm clips or vascular (blood vessel) surgery?
- Yes  No Brain surgery?
- Yes  No PACEMAKER? If yes, type \_\_\_\_\_
- Yes  No Implanted Cardiac Defibrillator?
- Yes  No Heart surgery, (e.g., valves, stents)?
- Yes  No Electronic implant or device?
- Yes  No Neurostimulator or spinal cord stimulator?
- Yes  No Insulin pump or other infusion pump?
- Yes  No Stents, filters, coils or shunts?
- Yes  No Eye surgery, implants or tattooed eyeliner?
- Yes  No Ear surgery, cochlear implants or other implants?
- Yes  No Gunshot or shrapnel injury?
- Yes  No Eye injury involving metal slivers, or shavings? Metal or grinding worker?
- Yes  No Small bowel endoscopy camera?
- Yes  No History of kidney failure or kidney disease? Are you on dialysis?
- Yes  No History of an allergic reaction to MRI or CT contrast?
- Yes  No Hair piece, wig or hair pins?
- Yes  No Body piercing, magnetic fingernail polish, tattoo or permanent makeup?
- Yes  No Medicated skin patches?
- Yes  No Joint replacement or implants?
- Yes  No Bone/joint pin, screw, plate, etc.?
- Yes  No Orthopedic or prosthetic device?
- Yes  No Spine Surgery?
- Yes  No Tissue expanders (e.g. breast)?
- Yes  No History of cancer?
- Yes  No Pregnant or breast feeding?
- Yes  No Drug allergies?

If you answered YES to any of these questions, your scheduled MRI exam may be postponed. Please call 919-782-7666 with questions.

### INTERVENTIONAL SERVICES

For prep details or procedure information call 919-788-1916 or visit **WakeRad.com**.

