

# YONGE & BALMORAL DIAGNOSTIC IMAGING

## X-RAY & ULTRASOUND

### BONE DENSITY AND X-RAY PREPARATIONS

#### GENERAL X-RAY:

- No preparation required

#### PREGNANCY RELEASE:

I declare to the best of my knowledge that I am not presently pregnant. Signature \_\_\_\_\_

### ULTRASOUND PREPARATIONS

#### ABDOMEN ULTRASOUND:

- Eat a fat free dinner the night before your appointment
- No dairy products or fried foods
- No carbonated drinks 8 hours before your appointment
- Nothing to eat or drink after midnight the night before  
**DO NOT** eat breakfast

#### PELVIS ULTRASOUND (ALL TYPES):

- Drink 4-5 glasses (or 2 small bottles) of clear fluids one hour before your appointment time (water, juice, black coffee or black tea)  
**DO NOT VOID** - a full bladder is necessary for the examination
- No fasting necessary

#### ABDOMEN AND PELVIS ULTRASOUND TOGETHER:

- Eat a fat free dinner the night before your appointment
- No dairy products or fried foods
- Nothing to eat after midnight the night before
- Drink 4-5 glasses (or 2 small bottles) of clear fluids one hour before your appointment time (water, juice, black coffee or black tea)  
**DO NOT VOID** - a full bladder is necessary for the examination

#### OBSTETRICAL ULTRASOUND:

- Obstetrical < 16wks : drink 4-5 glasses (or 2 small bottles) of clear fluids one hour before your appointment time (water, juice, black coffee or black tea).
- Obstetrical > 16wks : drink 2 glasses (or 1 small bottle) of clear fluids one hour before your appointment time (water, juice, black coffee or black tea).

#### NUCHAL TRANSLUCENCY:

- Drink 3 glasses (or 1.5 small bottles) of clear fluids one hour before your appointment time (water, juice, black coffee or black tea).
- You must bring all the papers from your doctor (blood work requisition, I.P.S. screening paper, etc) with you for your appointment

#### TRANSRECTAL / PROSTATE ULTRASOUND:

- Purchase a FLEET ENEMA from the pharmacy
- Self-administer the enema 2 hours before your appointment time.
- Drink 4-5 glasses of clear fluids one hour before your appointment time (water, juice, black coffee or black tea).
- **DO NOT VOID** - a full bladder is necessary for the examination

### VASCULAR PREPARATIONS

#### RENAL ARTERY DUPLEX

- Please follow ABDOMEN ULTRASOUND instructions

#### VASCULAR ULTRASOUND (ALL OTHER TYPES):

- No preparation required