



## Patient Preparation Guide

Prescribed medication should be continued unless specifically advised otherwise by your doctor. Please bring previous films if available.

### DIAGNOSTIC X-RAYS

**Barium Enema** – Preparation kits provided.

**Barium Swallow, Meal, Follow Through or Small Bowel Series** – Nothing to eat or drink from midnight.

**Intravenous Pyelogram, Intravenous Cholangiogram** – Nothing to eat for 4 hours. Water only until 1 hour prior.

**Mammography** – DO NOT use talcum powder for 3 days prior on breasts or under arms. Please wear 2 piece outfit.

### ULTRASOUND

**Carotid, C.V.I, D.V.T.** – No preparation.

**Other Vascular** – Nothing to eat and smoke for 6 hours prior to appointment, may drink water normally.

**Renal (kidneys, bladder, prostate)** – Nothing to eat and smoke for 6 hours prior to appointment. Please drink a litre of water to be finished 1 hour before appointment time. Must have a full bladder for the scan. If need to urinate, drink more water to refill your bladder.

**Pregnancy and pelvis** – Please drink a litre of water to be finished 1 hour before appointment time. Must have a full bladder for the scan. If need to urinate, drink more water to refill your bladder.

**Upper abdomen** – Nothing to eat, smoke for 6 hours prior to appointment. Can have sips of water.

### NUCLEAR MEDICINE

**Bone Scan** – No preparation. The patient has an injection and returns 2-3 hours later for the scan. Drink 1 litre of fluid between injection and scan.

**Biliary (HIDA) Scan** – Fast for 6 hours prior to test which may take up to 2.5 hours.

**Renal (DTPA) Scan** – Drink 1.5 litres of water prior to test. May pass urine before test.

**Ventilation and Perfusion Lung Scan** – No preparation. Please bring current Chest X-Ray.

### CT SCAN

**Brain, Neck, Chest, Abdomen, Pelvis** – Fast for 4 hours. Drink 1 litre of water 1 hour prior to appointment.

**Spine, extremities** – No preparation.

### MRI

Please do not wear jewellery and/or clothing with zips or metal detailing.

**MRCP, Liver** – Fast for 6 hours (no food or drink), no water with medications

### BONE DENSITOMETRY

Wear clothing with no buttons or zippers at waist (elastic waistband ideal).

### BREAST

If premenopausal, please book between days 5 to 15 after the first day of menstruation.

# Directions for Patients

Practice Procedure List	Bone Densitometry	CT	Fluoroscopy	General X-ray	Interventional Procedures	2D & 3D Mammography	MRI	Nuclear Medicine	OPG	Ultrasound – General	Ultrasound – MSK
<b>Darwin Private Hospital</b> Rocklands Drive, Tiwi, NT, 0810 <b>Appointments:</b> 1300 990 474 <b>Fax:</b> (08) 8928 9811		✓	✓	✓	✓	✓	✓			✓	✓
<b>Royal Darwin Hospital</b> Rocklands Drive, Tiwi, NT, 0810 <b>Appointments:</b> 1300 990 474 <b>Fax:</b> (08) 8928 9810		✓			✓		✓	✓			
<b>Casuarina Health Services Centre</b> 9 Scaturchio Street, Casuarina <b>Appointments:</b> 1300 990 474 <b>Fax:</b> (08) 8928 9876	✓			✓					✓	✓	
<b>Palmerston Health Precinct</b> Temple Terrace, Palmerston <b>Appointments:</b> 1300 990 474 <b>Fax:</b> (08) 8930 3301		✓		✓	✓				✓	✓	✓

**Please note:** Some examinations require special preparation. Please check when making your appointment. Patient preparation information can be found at [regionalimaging.com.au](http://regionalimaging.com.au). Your doctor has recommended that you use Regional Imaging. You may choose another provider but please discuss this with your doctor first.