



Tuba City Regional Health Care Radiology Department Patient Preparation Instructions

928/283-1445 Phone

928/283-1447 Fax

Computed Tomography (CT)

1. CT without contrast-No prep
2. CT (with contrast or w/wo), CTA-Patients should have nothing but clear liquids at least 3 hours before the scan, it helps they stay well hydrated to decrease renal complications from the IV contrast. Take medications as prescribed.
 - Glucophage (Metformin) should be stopped for 2 days *after* CT, not before.
 - Verify patient is not allergic to IV contrast. Patient may need to be pre-medicated with Prednisone and Benadryl.

Magnetic Resonance Imaging (MRI)

1. MRI without contrast-No prep
2. MRI with contrast: Preferably patients should have nothing but clear liquids at least 4 hours before the scan, but if needed, patients can have a light meal 3 hours before. Take medications as prescribed.
3. MRI Abdomen: It is very important to have nothing to eat or drink at least **8** hours prior to scan time. Take medications as needed with the minimal amount of water. If needed, consume the minimal amount of juice to stabilize blood sugars.
4. MRI Breasts-Need to be scheduled 7-14 days after the start of the menstrual cycle. Patients should have nothing but clear liquids at least 4 hours before the scan. If needed, patients can have a light meal 3 hours before. Take medications as prescribed. These studies *will not* be scheduled until all prior breast imaging have been received by TCRHCC Radiology.

Ultrasound (US)

1. RUQ (Liver, Pancreas, GB, R Renal, Aorta), Abdominal-A light meal by 6pm and nothing to eat or drink after midnight. If needed, consume the minimal amount of juice to stabilize blood sugars.
2. Renal, Kidney- Drink at least 20 oz. of fluid 1 hour prior to exam. **DO NOT EMPTY BLADDER BEFORE EXAM.**
3. Pelvic- Drink 32-40 oz. of liquid 1 hour prior to exam. **DO NOT EMPTY BLADDER BEFORE EXAM.**

Fluoroscopy

1. Upper GI-Have a light dinner by 6pm and nothing to eat or drink after midnight.
2. Small Bowel- Have a light dinner by 6pm and nothing to eat or drink after midnight
3. Barium Enema-Drink plenty of water before appointment to prevent dehydration. No solid food after breakfast the day before appointment. Remember GoLYTELY® the day before to help clean out system.

Mammogram

1. No powder, lotion or deodorant from waist up. Wear a 2 piece outfit.