

# PATIENT EXAMINATION INSTRUCTIONS



If you have additional questions regarding preparation, please contact our office at 403-343-6172.


## Instructions For All Examinations

- Please discuss any allergies or medication requirements at time of booking.
- Please inform the technologist if there is a possibility of pregnancy.
- Unless otherwise specified, arrive at least 15 minutes prior to scheduled examinations. If you are late for your appointment, you may need to be rescheduled.
- We are SAIT and NAIT practicum sites, and as such, some examinations can take longer than anticipated.
- Bring your Alberta Health Insurance card to every appointment.
- Wear loose, comfortable clothing that does not contain metal or zippers and remove all jewelry prior to your procedure.
- Please note that children requiring supervision can not be brought to the examination.
- Please inform us of any limited mobility prior to your examination.
- Be advised that we are a fragrance free facility.



## Ultrasound Procedures

- Unless otherwise stated, exams typically take 30 to 45 minutes.
- If your procedure is not listed, there is no additional preparation required.

 **SPECIAL NOTE:** Patients having obstetrical exams will be allowed to have one support person in during the exam. Those accompanied by children are asked to remain in the waiting room. Your children and other observers are welcome to come in to view the baby after the medical exam is complete.

### BLADDER, PELVIS or PREGNANCY UNDER 30 WEEKS

This exam requires a full bladder. Please finish 1 liter of water, 60 minutes prior to your appointment time. DO NOT empty your bladder until the procedure is completed. If your bladder is not completely filled, the examination may need to be rescheduled.

### BIOPHYSICAL PROFILE or PREGNANCY OVER 30 WEEKS

This exam requires a partially filled bladder. Finish 500ml of water 60 minutes prior to your appointment time. DO NOT empty your bladder until the procedure is completed. If your bladder is not completely filled, the examination may need to be rescheduled.

### ABDOMEN

This exam typically takes 30 minutes and requires that you DO NOT eat, drink, chew gum or smoke 6 hours prior to your appointment time. If necessary, you may take medication with a small sip of water.

### RENAL ULTRASOUND

This exam typically takes 30 minutes and requires a full bladder. Finish 1 liter of water, 60 minutes prior to your appointment time and do NOT empty your bladder until the procedure is completed.

### COMBINATION ABDOMEN/RENAL, ABDOMEN/BLADDER, OR ABDOMEN/PELVIC

This exam typically takes 30-60 minutes and requires the patient both to be fasting and have a full bladder. Do Not eat, chew gum, or smoke 6 hours prior to your appointment time. Finish 1 liter of water 60 minutes prior to your appointment and DO NOT empty your bladder.

### NUCHAL TRANSLUCENCY

This exam requires lab work following the procedure and typically takes 1 hour. Finish 1 liter of water, 60 minutes prior to your appointment time and do NOT empty your bladder until the procedure is completed.

### CAROTID DOPPLER OR ECHOCARDIOGRAM

This exam typically takes 60 minutes.

### LIMITED ANKLE BRACHIAL INDICIES

This exam requires arrival 20 minutes prior to the appointment time to allow for a resting period prior to the procedure. Loose fitting pants and short sleeve shirts are preferred to allow easy positioning of equipment.



## Nuclear Medicine

- Unless otherwise stated, exams typically take between 45 and 90 minutes.
- If your procedure is not listed, preparation instructions will be given at time of booking.

### BONE SCAN

Finish 500 ml of water, just prior to your appointment time. NOTE: If you have renal impairment do NOT drink additional water. You will receive an injection and be asked to return in 2-4 hours. Upon your return, the exam will typically take between 45 minutes and 1 hour.

### THYROID

You are to be off all thyroid medications for 1 week prior to exam. You should also discontinue any iodine containing supplements for 1 week and shall not have had x-ray contrast for 1 week prior to exam. This exam typically takes one hour to complete.

### GASTRIC EMPTYING STUDY

This exam typically takes 4 hours and requires nothing to eat or drink, 6 hours prior to the procedure.

### HIDA Scan

This exam typically takes 1.5 – 2 hours and requires nothing to eat or drink 4 hours prior to your appointment time. You may be asked to discontinue some pain medications prior to your exam.



## Mammography

- This exam typically takes 15 minutes.
- Please do not use deodorant, antiperspirant, lotions or talcum powder prior to the examination, as these products can interfere with the quality of the exam.
- At the time of booking, please inform us of any prior mammography or other breast imaging.



## MRI

- You can NOT have MRI if you have a pacemaker.
- Exams typically take 30 minutes.
- Take medications as necessary.
- Four hour fasting is required for all abdominal or pelvic studies.
- Additional instructions will be given at time of booking.



## Pain Management

- Exams typically take 15-30 minutes.
- After consultation with your doctor, blood thinning medication must be stopped at least 5 days prior to pain management injections. Antibiotic cycles must have been completed for ten days prior to pain management injections.
- If you have had a vaccination, please check with the vaccination clinic regarding recommendations prior to pain management injections.
- You must be accompanied by a driver.
- Additional instructions will be given at time of booking.



## Bone Mineral Density

- Exams typically take 20-30 minutes.
- You must not have had a barium or x-ray dye test within 10 days of your appointment.
- You must not take calcium or vitamin supplements on the day of the examination.



## General X-Ray

- No appointment necessary.
- Procedures typically take 10-15 minutes however wait times are dependant on the number of patients in the queue.
- Take medications as necessary.



**CAMIS**  
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