



How to Prepare

PRE-APPOINTMENT DO'S AND DON'TS

*Carefully read the **Do's** and **Don'ts** for your exam below to help ensure a smooth and timely experience with us. If your exam is not listed, or you have any questions, call our office at 570-714-7226. We ask that you please arrive 15 minutes before your scheduled appointment time to allow for registration. Inform our office immediately if you think you may be pregnant.*

MRI / MRA

- **Do** inform our office at least 24 hours before your appointment if you:
 - Are claustrophobic or feel uncomfortable in enclosed spaces.
 - Have a pacemaker, brain aneurysm clip, artificial heart valve(s) or vascular stent(s), nerve stimulator, metal fragment in the eyes, hearing implants or hearing aids.
- **Do** arrange to have a friend or family member drive you to and from your appointment if you are receiving sedation for your scan.
- **Do** wear comfortable clothing without metal clips, buttons, or decorations.
- **Do** take any medications as prescribed.
- **Don't** wear any jewelry or metal items

MRI / MRA with Contrast

- **Do** inform our office at least 24 hours in advance if you have any of the following:
 - You are over 55 years old
 - Have a history of renal disease
 - Have diabetes
 - Have hypertension
 - Have severe allergies
- **Do** wear comfortable clothing.
- **Do** take any medications as prescribed.
- **Don't** eat or drink anything except water during the four hours before your appointment.

Mammography

- **Do** inform our office of any previous mammograms you have had, and bring any previous films.
- **Do** wear a two-piece outfit for easy changing of upper garments.
- **Don't** wear deodorant, lotion, or perfume on your breast or underarms.

DEXA (Bone Densitometry)

- **Do** wear comfortable clothing. (no buttons or zippers on pants (elastic waist))
- **Don't** take any calcium or osteoporosis medication for 48 hours prior to your exam.

Ultrasound

ABDOMEN

- **Do** take any medications as prescribed.
- **Don't** eat or drink during the 8 hours before your appointment.

PELVIS

- **Do** drink 8 ounces of water every 15 minutes for one hour before your appointment. (Should be a total of four 8 oz. glasses.)
- **Don't** empty your bladder for two hours before your appointment. This exam requires a full bladder.

CT with Contrast or CTA

- **Do** inform our office at least 24 hours in advance if you have any of the following:
 - You are over 55 years old
 - Have a history of renal disease
 - Have diabetes
 - Have hypertension
 - Have severe allergies

-Do wear comfortable clothing.

-Do take any medications as prescribed.

-Don't eat or drink anything except water during the four hours before your appointment.

PET/CT

- **Do** take any medication as prescribed as long as they can be taken without food.
- **Do** inform our office at least 24 hours in advance if you:
 - Have diabetes
 - Are taking prescribed oral medication
 - Need to reschedule or cancel your appointment. Note: failure to notify of cancellation within 24 hours may result in a \$200 dose fee. Please call for details.
- **Do** wear comfortable clothes.
- **Don't** eat or drink anything in the 6 hours before your appointment. This includes chewing gum, tobacco, hard candy and mints. If necessary you may drink water.
- **Don't** exercise in the 24 hours before your appointment.