

**RADIOLOGY PREPARATION INSTRUCTIONS**  
**(Follow Instructions Carefully for a Satisfactory Study)**

1. **UPPER GASTROINTESTINAL SERIES** (Including barium swallows, small bowel series, etc.)
  - a. Nothing to eat or drink after midnight.
  
2. **ABDOMINAL SONOGRAMS** (Including gallbladder, liver, etc.)
  - a. Nothing to eat or drink after midnight.
  
3. **PELVIC SONOGRAMS** (Including OB and Bladder)
  - a. Drink AT LEAST 32 oz. of liquid one hour prior to exam and do not empty bladder until after exam.
  
4. **IVP, ABDOMEN & PELVIC CAT SCANS**
  - a. Take a laxative of choice at 4 p.m. the day prior to exam.  
(Laxatives such as Dulocolax (2 pills) or a bottle of Magnesium Citrate works well for most patients.)
  - b. Have a light dinner. NO DAIRY, LOW FAT.
  - c. Nothing to eat or drink after midnight.
  
5. **BARIUM ENEMA**
  - a. Clear liquids for lunch and dinner on the day before the exam.  
Clear liquids include: water, bullion, jello without fruit, coffee, tea and strained fruit juices. NO milk or milk products and NO solid food.
  - b. Take one bottle of Magnesium Citrate at 4 p.m.
  - c. Nothing to eat or drink after dinner.
  - d. On the morning of exam take two or more clear water enemas (such as Fleets) until the returns are clear.
  
6. **CAT SCANS WITH CONTRAST** (Head, Chest, etc.)
  - a. Nothing to eat or drink for 3 hours prior to exam.
  
7. **NUCLEAR THYROID UPTAKES**
  - a. Nothing to eat or drink after midnight.
  - b. NO thyroid medication for 6 weeks prior.
  - c. NO iodine studies for 6 weeks prior. (CT w/contrast, IVP, etc.)
  
8. **NUCLEAR HIDA SCANS**
  - a. Nothing to eat or drink after midnight.
  
9. **MAMMOGRAPHY**
  - a. No deodorant. No perfume, powder or lotion in the breast area.

**PLEASE INFORM THE TECHNOLOGIST IF YOU ARE OR MAY BE PREGNANT.**

