

STAMFORD HOSPITAL  
DEPARTMENT OF RADIOLOGY  
PATIENT INSTRUCTIONS

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**BARIUM ENEMA (Colon or Large Intestine X-rays):**

A prep kit and instructions can be picked up at TSH or THC front desk during normal hours of operation.

**Twenty-four hours before examination:**

- Clear liquid diet consisting of tea, coffee, juice, and jello.
- Nothing by mouth after 8:00pm.
- After 6:00pm on the evening prior to the examination, drink 10 oz (1 bottle) of magnesium citrate (available at any drug store).
- At 8:00 pm take Bisacodyl tablet.
- At 7:00 am on the morning of the exam, insert one Bisacodyl suppository rectally.
- No breakfast the morning of the exam.

**ESOPHAGRAM SERIES:**

- Nothing to eat or drink from midnight the night before exam.

**IVP With-out TOMOS** - prep kit & instructions can be picked up at TSH front desk during normal hours of operation:

- After 9:00pm - No food or liquids are allowed until the exam is completed (No Breakfast)
- At 7:00am on the morning of the exam insert one Bisacodyl suppository rectally.

**UPPER GI/SMALL BOWEL SERIES**

**(GI Stomach, Small Intestine, X-Rays)**

- NPO from midnight the night before examination.
- Nothing (**not even water**) to eat or drink on the morning of the examination.
- Allow 1 hour for upper GI exam.
- Allow up to 4 hours for small intestine exam.

**MAMMOGRAPHY:**

- No powder or deodorant the day of exam.

**BONE DENSITOMETRY:**

- Do not take calcium supplements the day of the exam.
- Avoid wearing metal buttons and buckles.

**ABDOMINAL ULTRASOUND**

**(Aorta, Gallbladder, Liver, Pancreas, Spleen & Stomach):**

- Nothing to eat or drink after midnight the night before the examination.

**ULTRASOUND (PELVIS OR TRANSVAGINAL):**

- Drink 32 oz. of water 1 hour before exam.
- Do not urinate until the exam is complete

**MRI/CT-ANESTHESIA: Mon – Fri (MRI @ 1:50pm / CT Around 2:00pm)**

- Only scheduled Monday-Friday & Dr's Office must first schedule with Radiology Scheduling Dept.
- Scheduler will inform Dr's office of the following:
  - Patient should be NPO 4-6 hours before exam or after midnight.
  - Patient must arrive 2 hours prior to exam.
- Scheduler will contact admitting Ext 7155 to give patient demographics.
- Scheduler must call **OR** Scheduling Dept at Ext 2100 or 2501 to give demographics, procedure, diagnosis, etc.

**MRI/CT PEDI –Anesthesia Protocol: Mon – Fri (MRI @ 1:50pm / CT Around 1:50pm)**

- Only scheduled Monday-Friday & Dr's Office must first schedule with Radiology Scheduling Dept.
- Scheduler will inform Dr's office of the following:
  - Patient should be NPO 4-6 hours before exam or after midnight.
  - Patient must arrive 2 hours prior to exam.
- Scheduler will contact admitting Ext 7155 to give patient demographics.
- Scheduler must call **OR** Scheduling Dept and Pediatric floor to give demographics, procedure, diagnosis, etc.
  - **Pediatrics # 276-7075 or Ext. 7075**
  - **OR Scheduling Dept. Ext. 2100 or 2501**

**FYI-**

Confirm in **Provider Dictionary** that the Ordering Dr. has Admit Rights. If Not, Page the Hospitalist at Pager 313.

**MRI (MRCP):**

- Nothing to eat or drink 4 hours prior to examination.

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### CT SCAN

General instructions for CT Scans:

- You may take any medications normally taken.
- Please present at site of service a minimum of 20 minutes prior to exam to allow time for registration and/or check-in.
- For contrast studies requiring barium, please present an hour before the exam.
- **CT procedure requiring contrast may NOT be scheduled before 10:00AM unless Bun/Creatinine data is provided for patients with the following characteristics:**
  - Over 50 yrs old, Diabetes, Known kidney disease or problems, Sickle Cell, Hypertension, and Myeloma.
  - CT Sinuses requiring LANDMARK protocol must be scheduled at Tully.

### CT SCAN OF ABDOMEN &/or PELVIS:

- Do not eat or drink 4 hours prior to exam.
- If exam requires oral contrast then patient arrives 1 hr prior to exam to drink barium.
- With the diagnosis of: Appendicitis patient must arrive 2hrs prior to exam to drink.

Note:

- **Patient may arrange to pick up the oral contrast to be taken at home 1 hour prior to scheduled exam time between the hours of 8:00am – 4:00pm at Tully and our Darien location. If patient prefers to pick up the barium at the hospital they may pick it up Mon-Fri 8:00am to 5:00pm Saturday from 8:00am-4:00pm.**

FYI:

The following procedures do not require the patient to drink Barium:

**Head, Soft Tissue Neck, Chest, Upper & Lower Extremity, Cervical/Thoracic/Lumbar Spine, Orbits, Facial/Sinuses, Urogram.**

#### • IV CONTRAST ONLY:

- Do not eat or drink 4 hours prior to exam.

#### • NO IV & / or ORAL CONTRAST:

- No Prep

**Pt Arrives 15-20 minutes prior to exam**

### NUCLEAR MEDICINE

#### BONE SCAN:

- **No restrictions.**
- Allow 15 minutes for injection.
- Patient will return 3 hours later for imaging.
- Allow 1 hour for the examination wear comfortable clothing.

### NUCLEAR MEDICINE

#### CARDIOLITE / PERSANTINE STRESS TEST:

- NPO 4 hours before exam is best.
- NO CAFFEINE for 24 hours (coffee, tea, chocolate, cola beverages).
- Wear comfortable clothing and rubber soled shoes.
- It is helpful for women to wear a blouse that opens in the front.
- No Cardiac Medication day of exam, unless directed otherwise by Doctor.

FYI:

*Depending on the patients weight the exam may be extended to 2 days instead of 1 day.*

#### BILIARY SCAN OR MECKELS SCAN:

- NPO 4 hours before the scan.
- No morphine or demoral 4 hours prior to the exam.
- Allow 1 hour for the examination

#### GASTRIC EMPTYING SCAN:

- Pt must bring with them to the procedure an egg salad sandwich & 4oz container of Orange Juice.
- NPO 4 hours before the scan
- Allow 2 hours for the examination.

#### CAPTOPRIL RENAL SCAN (2 Day Exam):

- Certain blood pressure medications may need to be stopped for this procedure'
  - This should be discussed with your doctor or nuclear medicine technologist.
- Bring 50 milligrams of captopril from your physician

#### THYROID SCAN

- Certain medications need to be stopped before this procedure.
- This can be discussed with your doctor or nuclear medicine technologist.
- NPO 4 hours

#### THYROID UPTAKE & SCAN (2 Day Exam):

- Patient must NPO 4hrs prior to taking the Pill
- Certain medications need to be stopped before this procedure.
- This can be discussed with your doctor or nuclear medicine technologist.