

## Physician Referrals and Information

### Medical Imaging & Cardio Respiratory Services, North York General Hospital

#### *Patient Preparations for Medical Imaging Examinations and Procedures*

### Preparation for Ultrasound Examinations

#### Change to centralized booking

**General Site:** (4001 Leslie St.)

Tel: (416) 756-6176

**Branson Site:** (555 Finch Ave. W.)

Tel: (416) 635-2550

**Upper abdomen** — Nothing to eat or drink for 8 hours prior to examination.

Children: Under 3 years – No Preparation

3-6 years – NPO 1-2 hours

6-12 years – NPO 5 hours

**Pelvis and Obstetric** — Full Bladder: Three hours prior to examination, have patient empty bladder, 1 ½ hours prior to examination, patient must drink 32 ounces liquid (any beverage with the exception of carbonated beverages)

**Upper Abdomen and Pelvis** — Nothing to eat for 8 hours prior to examination, 3 hours prior to exam, have patient empty bladder, 1 ½ hours prior to exam the patient must drink 32 ounces liquid (any beverage with the exception of carbonated beverages).

The patient must not void until exam is completed.

No preparation is required for neck, extremities, testicles, echocardiogram and peripheral vascular (doppler).

### Preparation for Fluoroscopy Examinations

#### Centralized booking

**Upper G.I.** — (esophagus, stomach and duodenum): Nothing to eat or drink after midnight.

**Small Bowel Follow Through:** Procedure time is approximately 3 hours. At 12 noon on the day before the examination have a light, low fat, low residue lunch. At 4 p.m., one 10 oz. Bottle Citromag (Magnesium citrate). Supper: Liquids only. No milk. Nothing to eat or drink after 10 p.m.

**Barium Enema** — Either of the following preparations is acceptable. "A" is a 1-day prep but involves drinking ALL 4 LITRES OF LAXATIVE. If you feel you are unable to drink this amount please take "B" which is a 2-day prep.

#### Option "A"

##### Day before test —

**Noon:** Have a normal lunch, then liquids only until after test.

**5 p.m.:** Drink all 4 litres lyteprep, golytely or colyte.

(Although rapid drinking is preferred, it is acceptable to drink over 2-3 hours)

**8 p.m.:** Take 2 Dulcolax tablets.

## Option "B"

### Day One —

**Fluids:** 10 oz. of water or other clear fluid every hour starting at lunch until bedtime.

**Meals:** Light. No fat. 2 oz. Castor oil or 10 oz. Bottle Citromag (magnesium citrate) 8 p.m.

### Day Two —

**No Solids.** Clear fluid only. Drink 10 oz. each hour. All meals for the day, liquids only. No milk or cream.

**At 4 p.m.,** one 10 oz bottle Citromag (magnesium citrate).

**At 8 p.m.,** three Dulcolax tablets with a glass of water.

## Preparation for CT Examinations

**Non-Contrast CTs:** Register ½ hour prior to test. No other preparation required.

### CTs with IV Contrast:

- a) Fast 4 hours before test.
- b) If no "oral" contrast, arrive ½ hour before test.
- c) If Diabetic, arrive 1 ½ hour before test for blood work.
- d) If both oral and IV Contrast, arrive 1 ½ hour before test to begin drinking oral contrast.

### CT Colonography:

**Day before test:** Clear liquid diet.

#### Day before test:

- **Noon:** Drink 75 mLs of E-Z Cat Barium
- **3:00 pm:** Drink 300 mLs of Citro-Mag (Magnesium Citrate), then drink 75 mLs of E-Z Cat Barium
- **6:00 pm:** Drink 300 mLs of Citro-Mag (Magnesium Citrate), then drink 75 mLs of E-Z Cat Barium
- **6:30 pm:** Take 1 Bisacodyl 5 mg tablet
- **9:00 pm:** Drink 60 mLs of Gastrografin with 250 mLs of water (discard remaining Gastrografin Liquid)
- **Midnight (12:00 am):** Nothing to eat or drink after midnight

**Please note:** CT Colonoscopy Prep Kits are available for purchase at our Outpatient Pharmacy located at the General Site, 4001 Leslie Street.

#### Day of test:

**Arrive in Medical Imaging Department ½ hour prior to your test.** You will be required to have your health card with you.

## Preparation for MRI

Patients with Pacemakers, **Programmable** VP shunts and Breast Tissue Expanders are an absolute contraindication to MRI at NYGH.

Referrals for patients with implanted devices (aneurysm clips, heart valves, Cochlear implants, eye implants (with the exception of replaced intraocular lenses,) stents, stimulator devices, porta cath's or any type of pump which may be implanted) must be accompanied with the following:

- 1) Make and model of implant
- 2) Manufacture of implant
- 3) Date of surgery for the implant

**All MRI patients are asked to arrive 30 minutes prior to the study with the exception of:**

- **Enterography** patients must come must come 1.25 hours prior to the test for oral contrast.
- **Breast MRI** patients must come 45 minutes prior to the study to fill in additional forms.
- **MRI Abdomen and Pelvis studies with or without contrast;** must fast 4 hours before the test.
- **Rectal MRI studies;** Patient must perform fleet enema 1 hour prior to leaving home for the appointment.

If patient has worked with, or around, metal please arrange for the patient to have orbital x-rays prior to MRI.

Please ask patient to avoid bringing/wearing jewellery to the appointment as it will have to be removed for the study.

All patients will be required to change into a hospital issued gown for their own safety.

### **Bone Mineral Densitometry (BMD)**

Branson Site: (416) 635-2550

No preparation required. Suggest loose comfortable clothing.

### **Preparation for Mammography**

Ask patient not to use deodorant, anti perspirant or powder on chest or underarms, as these small particles may show up on mammogram. Suggest patient wear a two-piece outfit.