

# Preparing For Your Radiology Exam

Please follow the preparation instructions for the exam that your doctor has requested for you. It is important that these instructions are followed carefully to make sure that your study is as accurate as possible. If you have any questions, please call the office where you will be having the exam, and we will be happy to help you.

To schedule an appointment at University Radiology, please call 800-758-5545.

Day \_\_\_\_\_ Date \_\_\_\_\_

Time \_\_\_\_\_  AM  PM

- East Brunswick** 483 Cranbury Rd 732-390-0030
- Hillsborough** 105 Raider Blvd 908-359-9331
- Metuchen** 264 Amboy Ave 732-548-2322
- Monroe** 111 Union Valley Rd 609-395-3470
- New Brunswick** 10 Plum St 732-249-4410
- Somerset** 75 Veronica Ave 732-246-0060

## Upper GI, Upper GI & Small Bowel, and/or Small Bowel Series

Nothing by mouth after midnight. No smoking or chewing gum. If you take medication, please consult with your physician to see if these need to be taken on the morning of the exam. If so, take with 8 ounces or less of water at least 2 hours prior to the exam.

## Esophagram

Nothing by mouth after midnight. If you take medication, please consult with your physician to see if these need to be taken on the morning of the exam. If so, take with 8 ounces or less of water at least 2 hours prior to the exam.

## Hysterosalpingogram (HSG)

This exam must be scheduled during the first 10 days after your menstrual period starts. The exam also must be done after your menstrual flow has stopped. For most women, this means that the exam will be performed on days 5 through 10 after the period begins. Do not have sexual intercourse from the beginning of your period until at least 2 days after the exam is completed.

*Morning of the day of the exam* Use Fleet's enema kit according to the package instructions.

Nothing by mouth for 3 hours before the exam except your usual medications.

1-hour prior to the procedure, we recommend that you take an anti-inflammatory agent such as Advil, Motrin or Nuprin according to package instructions. Check with your physician if you are uncertain about taking this medication.

## Intravenous Urogram (IVP)

The colon needs to be empty so that we can see the kidneys clearly for this exam. Please be aware that the Dulcolax tablets and the Magnesium Citrate may result in an increased number of bowel movements the evening and night prior to your exam. The items underlined should be purchased at your pharmacy.

*Day before the exam* Follow a low residue diet:  
-- No vegetables, fruit, high-fiber bread or cereal.  
-- You may eat eggs, white bread, lean meat or dairy products.

For lunch and dinner, only eat/drink clear liquids like Jello gelatin, soda, clear broth, powdered juices or plain ice pops.

Between 4 pm and 12 midnight, drink 6 to 8 eight ounce glasses of water. **Very Important!**

At 4 pm, take 3 Dulcolax tablets.

At 6 pm, drink 10 ounces of Magnesium Citrate.

*Day of the exam* No food in the morning. You may drink less than 12 ounces of tea, coffee, or juice. Take your morning medications, if you normally do so at this time.

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**Barium Enema (BE)**

Please note that you will need to begin preparing for this study 2 days before your exam. The items underlined should be purchased at your pharmacy.

Also, please be aware that the Dulcolax tablets and the Magnesium Citrate will cleanse the colon in preparation for the barium enema by increasing the number of bowel movements the evening and night prior to the exam.

*2 days before the exam* Follow a low residue diet:  
-- No vegetables, fruit, high-fiber bread or cereal.  
-- You may eat eggs, white bread, lean meat, dairy products, or pasta with plain sauces.

*Day before the exam* For lunch and dinner, only eat/drink clear liquids like Jello gelatin, soda, clear broth, powdered juices or plain ice pops.

Between 4 pm and 12 midnight, drink 6 to 8 eight ounce glasses of water. **Very Important!**

At 4 pm, take 3 Dulcolax tablets.

At 6 pm, drink 10 ounces of Magnesium Citrate.

*Day of the exam* Insert 1 Dulcolax suppository into rectum upon rising in the morning.

You may eat a breakfast of clear fruit juice, tea or coffee. **No milk or milk products!** You may take your morning medications, if you normally do so.