

# Preparing Your Child for a Radiology Study

Your physician has requested that your child have a radiology study. Instructions to prepare for your child's exam are included below. It is important that these instructions are followed carefully to make sure that the study is as accurate as possible. If you have any questions, please call the office where your child will be having the exam, and we will be happy to help you.

To schedule an appointment please call 800-758-5545

If your child is being scheduled for an IVP or a Barium Enema for polyps, masses, rectal bleeding or acute abdominal conditions, our radiologists will need to speak with your child's physician before you schedule the exam.

## Appointment

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

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

- East Brunswick** 483 Cranbury Rd 732-390-0030
- Monroe** 111 Union Valley Rd 609-395-3470
- New Brunswick** 10 Plum St 732-249-4410
- Somerset** 75 Veronica Ave 732-246-0060

### Intravenous Urogram (IVP)

Our radiologists will need to speak with your child's physician before we can schedule the exam.

*0-6 years old* Nothing by mouth for 3 hours prior to the exam. No solid foods on the day of the exam. Your child may drink the usual amount of fluids the evening before the exam. No laxatives or enemas are required.

*7-10 years old* Nothing by mouth 3 hours prior to the exam. Insert 1/2 Dulcolax suppository the evening before the exam and a 1/2 suppository in the early morning the day of the exam. Suppositories should be available at your pharmacy.

*11-16 years old* Nothing by mouth for 3 hours prior to the exam. Insert 1 Dulcolax suppository the evening before the exam and 1 suppository in the early morning the day of the exam. Suppositories should be available at your pharmacy.

### Voiding Cystourethrogram

*All ages* No preparation required, unless your child is having an IVP done the same day. If an IVP is also being done, please follow the IVP preparation instructions.

### Retrograde Urethrogram

*All ages* No preparation required.

### Esophagram (Barium Swallow)

*All ages* Nothing by mouth for 3 hours prior to the examination.

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

*0-2 years old* Nothing by mouth for 3 hours prior to the exam. No solid foods after 6 PM of the evening before the exam. Clear liquids only. No milk or formula.

*3-15 years old* Nothing by mouth after midnight. No chewing gum on the day of the exam.

### Abdominal Ultrasound

*0-1 year old* Hold one feeding prior to the exam. Bring a bottle with you.

*2-5 years old* Nothing by mouth for 3 hours prior to the exam.

*6-12 year old* Nothing by mouth for 4 hours prior to the exam.

(Continued on back)



*Be well!*

(Continued from front)

**Renal Bladder/Pelvic Sonogram**

*All ages* Your child should have a full bladder to get the best study. Encourage the drinking of clear fluids for 1 hour before the exam. If possible, have your child not urinate for 1 hour prior to the exam.

**Hip Sonogram for Dislocation or Dysplasia**

If your child is under 4 weeks of age or older than 6 months, a radiology physician must approve the study. Please call the office where the exam will be performed for instructions.

This study is best done when your baby is happy and calm, so please follow these instructions:

*Bottle-fed infants* Do not feed your child for 2 hours before the exam, if possible. You should bring a full bottle with you and feed your infant during the exam.

*Breast-fed infants* You may nurse your infant just prior to the exam.

**Hip Sonogram for Effusion**

*All ages* No preparation required.



**Barium Enema**

If we will be evaluating for polyps, masses, rectal bleeding or acute abdominal conditions, our radiologists will need to speak with your child's physician before we can schedule the exam.

All laxatives/enemas should be discontinued for 3 days prior to the scheduled exam if your child is being evaluated for constipation, Hirschsprung's disease, surgical follow-up, ulcerative colitis or an acute abdominal condition. No other prep is required in these cases.

If your child is having a Barium Enema to check for a mass, polyp or has rectal bleeding, please follow the prep listed below. Dulcolax suppositories and Magnesium Citrate are available at your pharmacy. If you have any questions regarding what preparation to follow, please call the office where the study will be performed.

*0-2 years old* No solid food on the day of the exam. No liquids for 3 hours prior to the exam.

*3-6 years old* **Evening before the exam:** Your child should eat a light, low residue supper only such as: noodles, rice, ripe banana, saltines, melba toast, white toast, clear broth, strained fruit juice, tender beef or lamb, fish and/or eggs. Your child should not eat or drink any milk or milk products. Insert 1/2 Dulcolax suppository the evening before the exam.

**On the day of the exam:** Nothing by mouth for 4 hours prior to the exam. Insert 1/2 Dulcolax suppository 3 hours prior to the exam.

*7-12 years old* **Day before the exam:** Your child should drink only clear liquids for 24 hours before the exam. Encourage drinking large amounts of non-dairy liquids during the time period when your child can drink, but not milk or milk products. Have your child drink 5 ounces of Magnesium Citrate at 6 PM the evening before the exam.

**On the day of the exam:** Nothing by mouth for 6 hours prior to the exam. Insert 1/2 Dulcolax suppository early in the morning.

*13+ years old* Your child should follow the preparation instructions for adults. If you need further information, please call us at the office where the exam will be performed.